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A Metro special focus on: **GARBAGE**

\$\$\$

One man's trash is another's cash

GREEN CARTS

**Landlords to pay for
your organics pickup
— at least initially**



Helen Pike
Metro | Calgary

Going green will mean parting with green for landlords, condo owners and tenants as the city moves to include multi-family units in their organics and composting goals.

On Nov. 1, the city's new green cart bylaw will come into effect. It means landlords and owners of residences with five or more units will have to seek out private haulers to remove your banana peels, kitchen scraps and yard waste.

However, Gerry Baxter, executive director of the Calgary Residential Rental Association, said ultimately tenants will have to bear the brunt of any added costs.

"It becomes an added expense no matter how you slice it," said Baxter. "Recycling became an added expense too...."

Most businesses are set up so they can absorb small increases, but depending on the amount and increases you see, ultimately everything gets passed on to the consumer."

In September, councillors voted to waive green cart fees for single-family homes until 2018. It was estimated that fee would cost citizens \$6.50 per month.

But for multi-family units, there's no such luck.

Landlords are expected to engage private haulers, and Baxter said some of the landlords CRRA represents saw their prices for hauling jump from \$50 a month to \$150.

"That gets to be pretty expensive," Baxter said.

Leanne Michie, waste diversion specialist with Waste & Recycling Services at the City of Calgary, said if users are sorting their trash correctly, there may be a decrease in materials landlords pay to haul, which could mean a cost reduction or levelling out.

"There's lots of opportunity for multi-family buildings and owners to find effective and efficient solutions," Michie said.

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City aims to reuse landfill gas, metroNEWS

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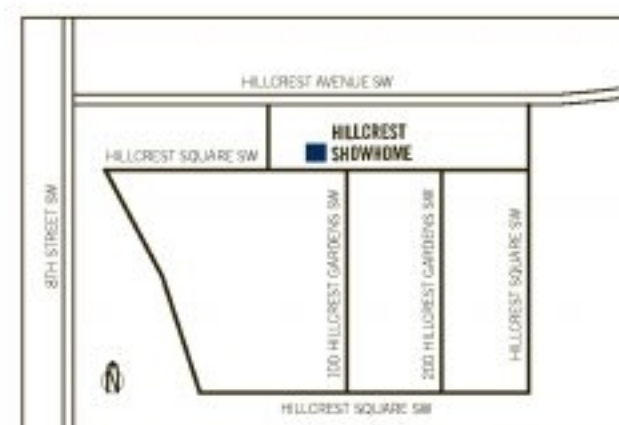
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Green Line plan causes stir among Ramsay residents

INFRASTRUCTURE

One man said train could be on his doorstep for his lifetime



Helen Pike
Metro | Calgary

Ramsay resident Nathan Kenny says if the city's latest plan to route the Green Line through his neighbourhood goes ahead, he'll be within spitting distance of the tracks.

According to a city spokeswoman there are 10 homes that would be "directly impacted" if council voted to take one of the Green Line team's MacDonald Bridge alignments. What's more is 60 homes are considered "potentially impacted."

What's now on the table would take the Green Line along MacDonald Avenue and cutting the north tip of Ramsay off with a low-floor train. When looking at the new alignment, Chris Edwards, Vice President with the Calgary Heritage Initiative sees one potential problem.

"The McLain residence, it's from 1910, one of the few historic brick buildings in Ramsay, and really in Calgary," Edwards said. Although it's not clear, looking at a map the historic home could be in danger. "Even bigger than that residence is running tracks



Nathan and Sarah Kenny sit with their sons, Forrest, 2, and Sebastian, 4, inside their Ramsay house on March 8. JENNIFER FRIESEN / FOR METRO

right through that community."

He said the house itself is one of the newer historic houses on the block, but in the community there are few houses that are of that size or stateliness. It's in a prominent location overlooking the MacDonald bridge

and city's downtown.

"The zoo bridge is gone, the Inglewood bridge is threatened, and now this option might threaten the MacDonald bridge," Edwards said. "Potentially losing three of four historic steel bridges in just a few years is pretty un-

acceptable, is there a volume discount for bridge demolitions?"

The city wasn't able to provide Metro with a map of where these homes may be, they said it was "too early" in the process.

But Kenny said he's confident once the line is built, if

"I'll either be the first house or second house that will be next to the CTrain line directly, I'll be within a rock's throw."

Nathan Kenny

the train is going through Ramsay, it's going to be very close to his property. "I'll either be the first house or second house that will be next to the CTrain line directly, I'll be within a rock's throw," Kenny said, "Probably even closer."

It's the change in plans that's taken a neighbourhood by surprise, as Erin Joslin with the community association told Metro last week the option was taken off the table because of resident opposition.

But according to the city, they need council to consider the alignments again, because of a hairpin tight turn that would make getting around the nearby bus barns as the Green Line travels by Ramsay and into Inglewood difficult.

"What I would like out of the city is details, and a detailed schedule of what's happening when, who is doing it, and how we can make sure that our voice is put in front of council," Kenny said.

DRUGS

Leader questions fentanyl statistics



Lucie Edwardson
Metro | Calgary

Alberta's Liberal Party leader David Swann questioned the government Wednesday about recently obtained statistics from Calgary police relating to fentanyl.

"In 2016, CPS responded to 223 overdose calls, resulting in 111 fentanyl-related charges. These numbers have risen dramatically over the last 5 years," said Swann.

"There has also been a corresponding spike in property crime driven by addiction. If the government has all the resources it needs, why do these numbers keep going up?"

In the briefing note provided to Swann by CPS they said that in 2016 they began tracking all suspected fentanyl-related calls. The note said that in 2016, CPS responded to 223 fentanyl-related overdose calls with victims ranging from 18 to 60 plus years old.

Police said that 76 per cent of the victims were males, 13 incidents involved multiple victims and 12 incidents involved victims with a history of overdosing. According to police, they believe that the "vast majority" of Calgary's prolific offender suffer from some form of addiction, and are committing crimes to support their habits.

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IN BRIEF

Two found dead not suspicious: police

Calgary Police have deemed the deaths of two individuals found at a southeast Calgary business to be not suspicious. At 7:30 p.m. Tuesday, police were called to an address in the 1900 block of 35 Street SE, where they found two deceased people. The homicide unit was called in to investigate and declared the deaths not suspicious Wednesday morning.

METRO

Gorilla baby turns one

Kimani, the Calgary Zoo's youngest Western lowland gorilla, is celebrating her first birthday today. As is custom, zoo staff will be giving her special birthday treats at 2 p.m., and the public is invited to join in. They suggest bringing a used cell phone to recycle as a birthday gift — which helps conserve the habitat of Western lowland gorillas.

METRO

Devonian Gardens reopens

If you're looking for something to do with the kids on Thursday, taking the train to the Devonian Gardens is back on the list of possibilities. After an extended closure of the popular indoor green space, the city is now opening the playground section of the gardens on March 9. The city will open other areas of the gardens in a phased approach over the next year. Workers had to close off the gardens in the middle of 2016 to repair leaks in planter beds.

METRO



Two of Calgary's landfills, set up to capture gas produced as waste breaks down, could produce needed energy. CITY OF CALGARY

Looking to harness landfill for energy

ENERGY

City wants to study options for methane captured so far



Brodie Thomas
Metro | Calgary

One city's trash could be electricity for thousands of homes in that same city.

After a lapsed pilot project, the city is once again looking at tapping into that sweet, sweet

methane gas generated by Calgary's three landfills.

Martin Ortiz, manager of disposal and processing for waste and recycling services, said some of the infrastructure needed is already in place.

Calgary installed gas collection systems at its East Calgary facility in 2004 and at the Shepard facility in 2005. The city's initial 11-year pilot project involved cleaning the gas, and then burning it in a special engine, which turned a generator.

"Combined — the two facilities produced enough to power 1,500 homes," said Ortiz.

However, the pilot project ran

“The two facilities produced enough to power 1,500 homes.”

Martin Ortiz

its course, and when the equipment reached the end of its life cycle, the city shut it down.

The gas is currently burned off in a flare. Much of the gas captured is methane, and Ortiz noted that's a much more potent greenhouse gas than the

carbon dioxide that's left when it's burned off.

The city recently issued an RFP asking for a study on once again converting the captured landfill gas.

Instead of specifying electricity, it asks to convert the gas to "a useable form of energy."

Ortiz said electricity is the most obvious possibility, but compressed natural gas for the city's fleet of buses is one other option.

Gas to electricity systems are common across North America. Victoria, B.C. has an automated plant at its landfill that powers about 1,100 homes.

TAXI DRIVER

Man held pending appeal

An Alberta judge says a taxi driver convicted of sexually assaulting an impaired woman he drove home from a Calgary bar must remain in jail.

Lemuel Paulos was sentenced to four years in prison in January and had applied to be released on bail pending his appeal.

During his trial, Paulos testified in his own defence that it was the woman who attacked him in 2013.

He said she threatened to "cry rape" if he didn't have sex with her.

Justice Bruce McDonald of the Alberta Court of Appeal ruled against Paulos' bail application, saying his evidence at the trial last year bordered on preposterous.

McDonald says Paulos was convicted of crime in which he took advantage of a vulnerable, inebriated, middle-aged woman, who had trusted him to get her home safely.

"It goes without saying that on the facts as found by the trial judge, this amounted to amongst other things a gross violation of trust, in addition to being a brutal sexual assault," he wrote in his decision released Wednesday.

During the trial the victim testified that Paulos turned off the engine of his cab when they arrived at her home and sexually assaulted her in the vehicle.

Paulos testified that the woman forced him to have sex, but he did not report what happened because of shame and humiliation.

McDonald said he shared the trial judge's concerns about the evidence.

"Indeed it is not at all surprising that the applicant's evidence failed to raise a reasonable doubt with the trial judge given the strong case advanced by the Crown," he wrote.

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Truss me, it's under control

SAFETY

City says end in sight for fixes to Municipal Building



Helen Pike
Metro | Calgary

Out of an abundance of caution, the City of Calgary displaced 531 employees upon discovering a 30-year-old gaffe in one of its own buildings.

In September, the city temporarily shuttered the northeast corner of Calgary's Municipal Building after staff found that a 30-year-old truss didn't live up to current building codes. The 22-foot-deep, 70,000-pound steel truss wasn't installed correctly, and although there had been no issues since 1983, employees were rushed out of their posts to ensure safety.

That was in September, and again in November. Now, six months later, the city says there's an end in sight — and a timeline for when displaced workers might find their old spaces



The city expects the truss work to be done by the end of April. METRO FILE

again — but no costs have been cemented yet.

The city's facilities management director Thomas Hansen expects the truss work to be done by the end of April. A slow move back would be underway by May.

"We don't want to do it in a chaotic manner, we want to

"We don't want to do it in a chaotic manner."

Thomas Hansen

have a planned approach," Hansen said. "That will probably take two months for us to move everyone back in a planned and co-ordinated fashion."

He said when the news about the faulty truss broke, the city moved employees out quickly and put them in every possible

70,000

Weight of the steel truss, in pounds

nook and cranny in the building before finding them a more permanent home.

(Yes, some people moved twice. Hansen acknowledged it was a bit disruptive.)

Contractors are temporarily shoring up the area around the truss and will then go in and bring it up to code.

Hansen said the work being done today will actually help future-proof the building by bringing the design load of the building up to 2017 standards.

"It will give us more capacity going forward to have equipment and more people," Hansen said. "They're beefing up the truss."

Right now, on the outside of the building, blue safety netting is the only sign that work is underway. Hansen said if crews are doing their jobs, staff shouldn't even know they're there.

PERSONAL FINANCE

Delinquency rate is rising

As Alberta's debt levels rise, so do the numbers of credit card delinquencies and consumer bankruptcies.

The 90-day delinquency rate in Alberta is up 7.5 per cent over last year, according to a new report from TransUnion.

It also found that 4.6 per cent of the credit cards in the province were seriously past due as of the end of last year.

"Albertans who are subsidizing their income with credit cards are in a precarious position. This kind of debt snowballs quickly, which makes it very difficult to climb out of the cycle of debt," said Donna Carson, a Calgary-based Licensed Insolvency Trustee with MNP Debt.

She said Albertans are increasingly feeling a squeeze on their finances. Many are unemployed, their severance and employment insurance have run out and emergency funds have been depleted, leaving little left over for monthly bills.

Carson added people often make the mistake of waiting too long to seek professional help, meaning fewer options are possible. METRO

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- Tony, retired Geologist



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Tsuut'ina Nation reject Springbank dam option

INFRASTRUCTURE

Province says it's best way to protect from floodwaters



Darren Krause
Metro | Calgary

The results of an environmental impact study could open up further dialogue on the Springbank Dry Dam project, but for now the province is staying the course, Alberta's infrastructure minister said.

On Wednesday Tsuut'ina Nation officials said they'll oppose the construction of the Springbank Dry Dam, due to concerns over the effect on their land and the Alberta NDP not getting their consent.

According to a statement issued on behalf of Tsuut'ina Chief Lee Crowchild, they have learned from third-party sources that the construction of a dry reservoir that would hold diverted water from the Elbow River in the case of a major flood, is "likely to have a direct negative impact on Tsuut'ina, especially to treaty protected water."

The proposed location of the Springbank Off-Stream Reservoir, according to the Alberta government, is 15 kilometres west of Calgary near Springbank Road, north of the Elbow River



The province is standing behind their option of the Springbank Dry Dam, one of the flood mitigation projects after the devastating 2013 floods in Calgary, despite the Tsuut'ina Nation saying they won't support it. THE CANADIAN PRESS

and east of Highway 22.

It's designed with a diversion channel from the Elbow River to a reservoir with a capacity of 70.2 million cubic metres. When peak floodwaters have passed, the water is sent back to the Elbow in a controlled release.

It's one of the primary flood mitigation measures planned after the 2013 southern Alberta flooding.

"It is with some frustration that I must report that Tsuut'ina has not been consulted on the dry dam," the statement from Crowchild read.

Alberta infrastructure minister, Brian Mason said the Nation, on the southwest border of Calgary, has been a part of ongoing consultations, but said a recent meeting in Springbank demonstrated the Tsuut'ina Nation's opposition.

"From that point, I think we suspected they were going to oppose it," Mason told Metro.

Tsuut'ina officials said they'd prefer to throw their support behind a reservoir option at McLean Creek, but Mason said independent assessments have shown the Springbank Dry Dam

is a superior option.

Tsuut'ina spokesman Kevin Littlelight reiterated their concerns over the environmental impact on their treaty lands, but said it ultimately comes down to one thing.

"It's not as much consultation as it is consent," he said.

"To have such a massive project right outside our doorstep — that really does affect our river. It's disheartening that other governments would push forward without really sitting down with us at looking at a better option that works for everybody.

The Tsuut'ina Nation is contracting experts to review the overall impact the Springbank Dry Dam could have, and are exploring legal options to "force more" thorough federal and provincial environmental assessments.

Minister Mason said the results of a year-long environmental study are to be released in June and he said that will be the launch point for more dialogue — with the intention of getting Tsuut'ina's consent.

"We're prepared to work hard to get it," Mason said.

FRAUD PREVENTION

Watchdog pulls off 'a scam'

It appeared to be the perfect scam.

About two dozen potential investors attended a lunchtime seminar at a downtown Calgary hotel ballroom last month and were promised they would learn to "profit like the experts" through real estate investment.

British-born financier Jonathan Fisher bounded onto the stage to discuss investing in his company, Maplestock Investments. But the whole seminar was a publicity stunt staged by the Alberta Securities Commission to draw attention to Fraud Prevention Month.

Maplestock Investments does not exist nor does Jonathan Fisher. An actor was hired to play the financial guru.

"We did a lot of research into what makes something or someone more trustworthy, so we chose an actor with short brown hair. We even determined the colour of his tie," said Alison Trollope, the commission's director of communications and investor education.

Trollope said the seminar was sprinkled with red flags in advertisements placed on Facebook, Eventbrite, Craig's List and Kijiji and in Google display ads and home-delivered flyers.

The event advertisements were viewed by Albertans nearly six million times and more than 8,500 potential investors clicked on the ads.

The seminar went for about 15 minutes before the organizers told the audience members they had been had.

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Police can also become whistleblowers

HR CONCERNS

Rank and file can file grievances on internal affairs



Lucie Edwardson
Metro | Calgary

As a part of the Calgary Police Service's efforts to offer more ways for their rank and file to file grievances, the force has been welcomed by the City of Calgary to use their Whistle-Blower program.

What exactly that partnership will look like is still being ironed out.

For the last number of months the CPS has been going through some bumpy times with a slew of HR concerns, including allega-

tions of bullying, harassment and discrimination.

It's led the service to take steps to address the problems that Chief Roger Chaffin says stem "from the clash of a traditional paramilitary organization that's moving into a much more evolved workplace."

The Calgary Police Commission (CPC), civilian oversight body of CPS, has given the force a seven point plan to address the issues, with the number one

priority being to have a third party advocate conduct an investigation.

At the February CPC meeting Chaffin said one thing the service has done leading up to the third party advocate is accept the City of Calgary's offer to access their program.

"It has an audit trail that is independent of me and it's completely anonymous to the caller," he said.

He said the partnership is still

very new and they're working at ironing out if the program will simply field the calls from CPS members or if they will also be responsible for the investigations.

According to the city, the whistle-blower program is run through the city auditor's office, and through it "provides an independent, objective, and confidential channel for all Calgarians, including employees and service providers, to report suspected

waste and/or wrongdoing."

In a statement provided to Metro the city said in 2015 the whistle-blower program fielded 88 concerns, and their 2016 activity is not yet public.

ONLINE

For more information about the program, visit Calgary.ca/whistle

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The University launched its Campus Mental Health Strategy in December 2015. UNIVERSITY OF CALGARY

UNIVERSITY OF CALGARY

The mental health strategy is working



Helen Pike
Metro | Calgary

It's time for the University of Calgary to pause and think about mental health.

The post-secondary's bold mental health strategy was launched more than a year ago and the school has been keeping busy working through 28 recommendations in the hefty document. These would help the U of C improve mental health for its community as well as create a caring campus.

Writing and approving the strategy was one thing, now, as a year has passed, the community is concentrated on implementing their mental health directives.

"We've put the foundational pieces in place," said Andrew Szeto director of the Campus Mental Health Strategy. "We've done a lot in a year. Out of 28 recommendations, about 26 of them are in progress and several have been fulfilled already."

He rhymes off some highlights, one of which includes increasing access for mental health services. Students now

have access to 24-hour service and can get connected with help at whatever time they need it.

"We are working with our campus architects to create spaces on campus more conducive to mental health," Szeto said. "A lot of times people think about mental health in reference to other people, but not necessarily about spaces, but we know physical spaces affect people's mental health."

On Tuesday, the U of C dedicated an entire day to bring awareness to mental health. They hosted Olympian and mental health advocate Clara Hughes to address students, and there was a wellness fair event.

"When I talk to people across campus, everyone is excited to talk about mental health, but a lot of people don't know the resources that exist on campus," Szeto said. "We need to get the word out there a little bit more to more optimally use the resources on campus."

Szeto said the U of C campus mental health strategy is unique in Canada.

It's especially different because it considers the campus community as a whole, not just students.

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ENTREPRENEURS

Funding boost for women



Elizabeth Cameron
For Metro | Calgary

The provincial government took International Women's Day as an opportunity to announce \$100,000 in funding to support women entrepreneurs who are spearheading economic development in Alberta.

According to a report published in 2014 from ATB Financial, 38 per cent of small to medium-sized businesses in this province are owned or run by women.

"Entrepreneurs are people who see the opportunity where others only see the challenges. They put a lot on the line to start their own businesses and bring their new products and new ideas to market," said Deron Bilous, minister of economic development and trade in Alberta.

The capital will flow through Alberta's Community and Regional Economic Support (CARES) program, launched last year to provide grants for regional and community economic development projects. Alberta Women Entrepreneurs (AWE), a non-profit funded by CARES, will use the money to fund its Peer Spark program, which connects women entrepreneurs to training programs, services, capital and mentorship as they grow their small business.

Graduates from the Peer Spark program have reported approximately 20 per cent revenue growth year-over-year, with some of the businesses doubling in size in the span of just two years, according to AWE.

"We know small businesses with this kind of support see a much higher growth rate than the national average," said Bilous.

The next CARES intake is from April 1 until May 31, with another opportunity opening up in November.

L'Oréal celebrating 10 women of worth

PROGRAM

Calgarian using platform to spread message



Lucie Edwardson
Metro | Calgary

Calgary woman Sheliza Kassam wants all women to know their worth — and she's using her platform as one of L'Oréal Paris' Women of Worth to spread her message.

Kassam is one of 10 Canadian Women of Worth chosen by L'Oréal Paris this year from hundreds of applicants, and in the program's inaugural year in Canada.

Winners were chosen because L'Oréal wanted to celebrate "women who find beauty in giving back."

At 19, Kassam, an engineering student at the U of C, has already accomplished a lot.

When she was just 15, Kassam started her own charitable organization called Children's Birthday Miracles (CBM) with the goal of ensuring every child had the chance to celebrate their birthday.

To date, Kassam's organization has hosted birthday parties for more than 4,000 underprivileged children and their families in locations across the globe including Calgary, Strathmore, Tanzania, Peru and Kenya.

"The Women of Worth program honours Canadian women who selflessly volunteer their time to serve and improve their communities," said L'Oréal. "Selection criteria



Sheliza Kassam's organization, Children's Birthday Miracles, has hosted parties for more than 4,000 kids and their families in locations around the globe. CONTRIBUTED

was based on the impact of the cause on the social fabric of the community, the nominee's ability to meet an unmet community need or concern, as well as the passion and innovation she has demonstrated to effect change.

Kassam said she feels honoured to be amongst women in Canada being recognized for initiating change in their com-

munities.

"I'm really passionate about empowering women. Right now I am a female engineering student and we're often thought of as a minority. My goal is to make sure other women know they can make a difference," she said.

Winners received a \$10,000 donation towards their organization Wednesday —



It's not just about the monetary donation but also about the network.

Sheliza Kassam

International Women's Day — at the L'Oréal "Canadian Women Of Worth" event in Toronto.

"It's not just about the monetary donation but also about the network," said Kassam. "I've met so many incredible women through this program and we're already partnering up to provide my services to their people. Within a matter of minutes we were ready to make a change."

Kassam said being surrounded by the other recipients has only made her "want to be better."

PARLIAMENT

'Daughters' take over the House

In celebration of International Women's Day, for the first time ever every seat in Canada's Parliament was filled with women.

Calgarian Ruhee Ismail-Teja was one of them.

"In the history of Canada we've had 315 women be elected to the House of Commons, and today there were 338 of us sitting there," said Ismail-Teja, 23. "That was really powerful."

All the women were chosen to represent their ridings in a competitive process as a part of the Daughters of the Vote initiative created by Equal Voice.

This week they've been in Ottawa where Ismail-Teja said they have participated in various events that range from capacity building to spending time with their respective members of Parliament discussing policy.

"Topics ranged from poverty and homelessness to Islamophobia, transgender rights, climate change and missing and murdered indigenous women," she said, adding that the delegates are an "incredibly diverse" group of women who represent all cultural, racial and sexual orientations that make up Canada's fabric.

Ismail-Teja said what's impressed her most about the discussions between delegates and MPs is how "solution focused" they have been.

"People who have solutions understand the problems," she said. "As women we need to be contributing to policy now because ultimately we're going to live it as we're just entering adulthood now."

LUCIE EDWARDSON/METRO



Ruhee Ismail-Teja

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SAFETY EXPO

Record number learn from police, firefighters



Jennifer Friesen
For Metro | Calgary

Counting out 30 heartbeats in unison, a group of Grade 5 students worked to bring their CPR mannequins back to life at city hall.

The class joined thousands of other students for Calgary's 14th annual Safety Expo on

Wednesday morning. For two days, students in Grades 5 and 6 will have the chance to learn about safety from the experts: police, firefighters, bylaw officers and partnering organizations like Enmax.

After the group of students from St. Michaels School successfully saved their CPR mannequins, instructor David Bruce of Triple Fox Energy Services said he was surprised to find that many already knew the basics.

"Whether it's first aid or CPR, these are life skills," said Bruce. "You never know if you might have to do this for your brother, your sister, your aunt, your uncle."

The CPR exhibit was one of

31 interactive exhibits this year — with lessons ranging from fire safety to anti-bullying to ATV training.

Cheryl Herperger, senior business strategist with Calgary Animal and Bylaw Services, said it's all about teaching kids how to stay safe at home, at school and during play.

"It's not just about a free day off school," she said. "It's about learning. Like anything, if you learn when you're younger, it stays with you."

With 50 schools and 4,300 students and teachers attending this year, Herperger said it's the biggest event yet.

4.3K

Number of students and teachers attending

It was the first visit for Tracy Stecyk, Grade 5 teacher at Our Lady of Grace School. She said she was surprised by how expansive it was.

With her students clamouring over a germ-awareness game and shouting out answers, she said the lessons will be long-lasting.

"I think it's about having them out in the community and knowing what's out there in the city," she said. "A lot of kids don't have these experiences, so now once they experience some of this stuff, they'll know what to do and what resources they have."



Mark Boszormenyi, 12, learns about how to use an EpiPen with his classmates from St. Rita School at the annual Calgary Safety Expo on Wednesday. JENNIFER FRIESEN/FOR METRO



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Owning your kidney health

WELL-BEING

Specialist reminds adults to get annual checkups



Lucie Edwardson
Metro | Calgary

This year on World Kidney Day a Calgary doctor and his patient — a survivor of kidney failure and transplant surgery — are reminding you to see your doctor and take charge of your own health care.

Back in the '90s Cyril Muise was a busy family man — but he often felt ill, and suffered from high blood pressure, but his family doctor never prescribed him anything.

It wasn't until Muise took his young son to another doctor for a sore throat that he started to learn about the severity of his condition.

"My wife was so worried, she called ahead to ask her doctor for a second opinion about me," he said.

Muise got some tests done,



On World Kidney Day, Dr. Narine Scott-Douglas and his patient, Cyril Muise, are reminding people of the importance of taking charge of your own health. CONTRIBUTED

and that same evening, the doctor requested a consult from her neighbour, Dr. Narine Scott-Douglas, a kidney specialist, literally handing him Muise's bloodwork across their backyard fence.

Scott-Douglas immediately requested Muise come see him for further testing, as he believed his condition to be quite advanced, and immediately

prescribed him blood pressure medication.

"I saw Dr. Scott-Douglas the next day where he gave me the diagnosis that I had kidney failure," said Muise.

For the next eight months, Muise underwent dialysis, before receiving a kidney transplant from his wife, Lori, in October of 1998.

"It went very well. Suddenly I

went from feeling not real good to having a working organ that made me feel fabulous," he said.

The message to others from Muise and Scott-Douglas: It doesn't have to get to that point.

"Take charge of your own health care," said Muise. "The system is there to help people who are sick, but you need to be in charge of telling your doctors how you're feeling."

FORUM

On March 9, the Kidney Foundation is hosting a forum for the public, **Kidney Disease: Am I at Risk?**

Calgarians are invited to attend the forum on Thursday, March 9, 6-8 p.m., at the Coast Plaza Hotel, 1316 33 St. NE.

There will be free blood pressure and blood glucose testing for those who wish. RSVP to Michelle Hofer, 403-255-6108 x30, michelle.hofer@kidneyfoundation.ab.ca.

Scott-Douglas said a person can live quite well with less than 50 per cent total function of their kidney. He said when someone begins to feel ill from kidney disease your kidney is likely severely damaged.

"Your yearly physical is an important part of your health care — it will screen you for all the risk factors for high blood pressure, diabetes, high cholesterol and kidney disease. You have to avail yourself. You have to go do that."

EDMONTON

Man breaks woman's arms in road rage attack

Edmonton police say they are investigating lots of tips as they search for a man who is accused of breaking a woman's arms with a crowbar in a vicious road rage attack.

Police spokesman Scott Pattison says it appears the man was aiming for the woman's head Tuesday morning in a quiet residential neighbourhood.

"It is alleged the male suspect was swinging for her head and she blocked the swing," he said Wednesday. "That is what we believe."

Police say the 34-year-old woman honked her horn as she was passing a car that was stopped in the street where she was trying to make a turn.

The car, described by police as a silver Pontiac Wave, followed her to a house.

When she got out of her vehicle, police say, the man ran up to her, striking her on both arms with a crowbar.

The woman was taken to hospital and underwent surgery. THE CANADIAN PRESS

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Demonstrators gathered at Grand Parade Wednesday to protest Judge Lenehan's ruling in Bassam Al-Rawi's sexual assault case. Comments made by Lenehan stating a drunk is able to give sexual consent has sparked outcry and spurred calls for a review. JEFF HARPER/METRO

Protesters toll the bell for Lenehan

COURTS

Group braves the rain in city square to call for disbarment



Cody McEachern
For Metro | Halifax

A large group of people stand silently as rain comes down on them at Grand Parade.

Their homemade signs, each with a message of power and anger, wave and droop in the wind.

Only the sound of the city is audible, as cars and buses drive by the square.

Suddenly, a large bell is rung and the city sounds are

drowned out as the angry howl of a hundred people fills the air.

The bell is rung again, and demands are shouted into a megaphone for all to hear.

A final bell ring and the crowd quietly leaves, the square silent once again.

Fast and direct was the plan for Wednesday's protest against Judge Gregory Lenehan, the second in as many days, and although it was short, the message was clear — people are angry.

Lenehan's conduct and decision on the Bassam Al-Rawi sexual assault case has resulted in a handful of protests, group meetings and petitions calling for Lenehan's removal.

The protests and petitions have been vital in getting everyone's attention, and what comes next will depend on the ac-

tion of the government and the courts, said Chelsea Fougère, organizer of Wednesday's protest.

"I hope this ends with Al-Rawi being convicted and registered in the national sex offender registry, and Judge Gregory Lenehan is disbarred. He has demonstrated in multiple cases he is an enabler of violence," Fougère said.

"The message he has sent out to everyone is sexual assault is OK, and that people ask for it."

She hopes the protests and petitions will move people and bring awareness to the problem of sexual assault.

"This type of thing is absolutely ubiquitous," Fougère said.

"We all know it and I think if we're not suffering in that together, then we are on our own. It's an issue that touches us all."

Bill on judicial training gets fast-tracked

The House of Commons has unanimously agreed to fast-track a bill introduced by interim Tory leader Rona Ambrose that would require would-be judges to take courses in sexual assault law. The Commons has accepted a motion from NDP Leader Tom Mulcair to bypass the usual second-reading debate and send the legislation straight to committee. The bill, C-377, would restrict eligibility for an appointment to the bench to candidates who have completed comprehensive sexual assault education.

THE CANADIAN PRESS

PARLIAMENT HILL

Advocates call for release of Canadian jailed in Cairo

For more than a decade, Canadian Mohamed El Attar has been locked inside the notorious Tora Prison on bizarre charges of being an Israeli spy while few have fought for his freedom.

A delegation of politicians, human rights advocates and a former senior member of Canada's spy service are trying to change that. On Thursday at a Parliament Hill press conference, they will call on the Liberal government to press Egypt for his release.

"I hope this will revive the case, bring it more attention,

will put pressure on this Canadian government," said Rev. Majed El Shafie, founder of the humanitarian organization One Free World International.

The case is personal for El Shafie. He has never met El Attar but he was once held and tortured in Egypt for converting from Islam to Christianity and he believes that El Attar is also being punished for his religion. El Attar, who was born in Egypt into a Mus-



Mohamed El Attar
THE ASSOCIATED PRESS

lim family, converted to Christianity and fled the country in 2002. He was given refuge in Canada, arguing that he was persecuted not just for his religion but also because he was gay.

El Shafie alleges that 46-year-old El Attar has been tortured in custody and that his case is based solely on a false confession.

The case against El Attar, who worked as a CIBC bank teller in Toronto, began when he flew to

Cairo to visit friends and family in 2007. It was the first time he had returned to his country of birth since leaving five years earlier. He was arrested as soon as he landed on New Year's Day.

El Attar's alleged crime was spying for Israel for several years. Then foreign affairs minister Peter MacKay said after the trial that the Canadian government remains "concerned about a number of aspects of this case."

But the case soon fell off the political and media agenda and El Attar was left to languish.

TORSTAR NEWS SERVICE



An Ontario city is set to temporarily close a road to allow for the safe passage of endangered Jefferson salamanders during their breeding season. CONSERVATION HALTON/THE CANADIAN PRESS

CONSERVATION

No traffic woes for these salamanders

The Jefferson salamander, an endangered amphibian found only in southern Ontario, has begun to emerge from the ground along a small stretch of the Niagara escarpment and has been dodging cars as it crosses the lone road on its annual march to breeding ponds.

Starting Thursday, the salamanders will not have to worry about traffic as the city of Burlington, Ont., will shut down about a kilometre of King Road for three weeks to allow for their safe passage, the fifth consecutive year the city has taken such measures.

"I'm certainly proud of the program," said Burlington's

Mayor Rick Goldring. "As humans, it's the least we can do for these little guys."

The program has had success, according to Conservation Halton, which studies the rare amphibians that can live up to 30 years.

"We can say with 100 per cent certainty, that there has been no mortality of Jefferson salamanders during this period on the road as they cross," said Hassaan Basit, the chief administrative officer of Conservation Halton.

The rare salamanders are 12 to 20 centimetres long, brown or grey in colour and move only at night. THE CANADIAN PRESS

Ending 'zombie laws'

LEGISLATION

Federal justice minister moves to clean up Criminal Code

Justice Minister Jody Wilson-Raybould fended off suggestions she was stirring up a debate on abortion Wednesday,

as she introduced legislation to eliminate so-called "zombie laws" from the Criminal Code.

Zombie laws are sections of the law that remain in the Criminal Code despite having been deemed unconstitutional by the courts.

Among those is the statute dealing with abortion, which remains on the books despite the Supreme Court having struck it down as unconstitutional

in 1988.

During a press conference on Parliament Hill, Wilson-Raybould specifically highlighted that as one of several sections the government plans to scrub from the Criminal Code.

She went on to note that the legislation to do so was being introduced on International Women's Day.

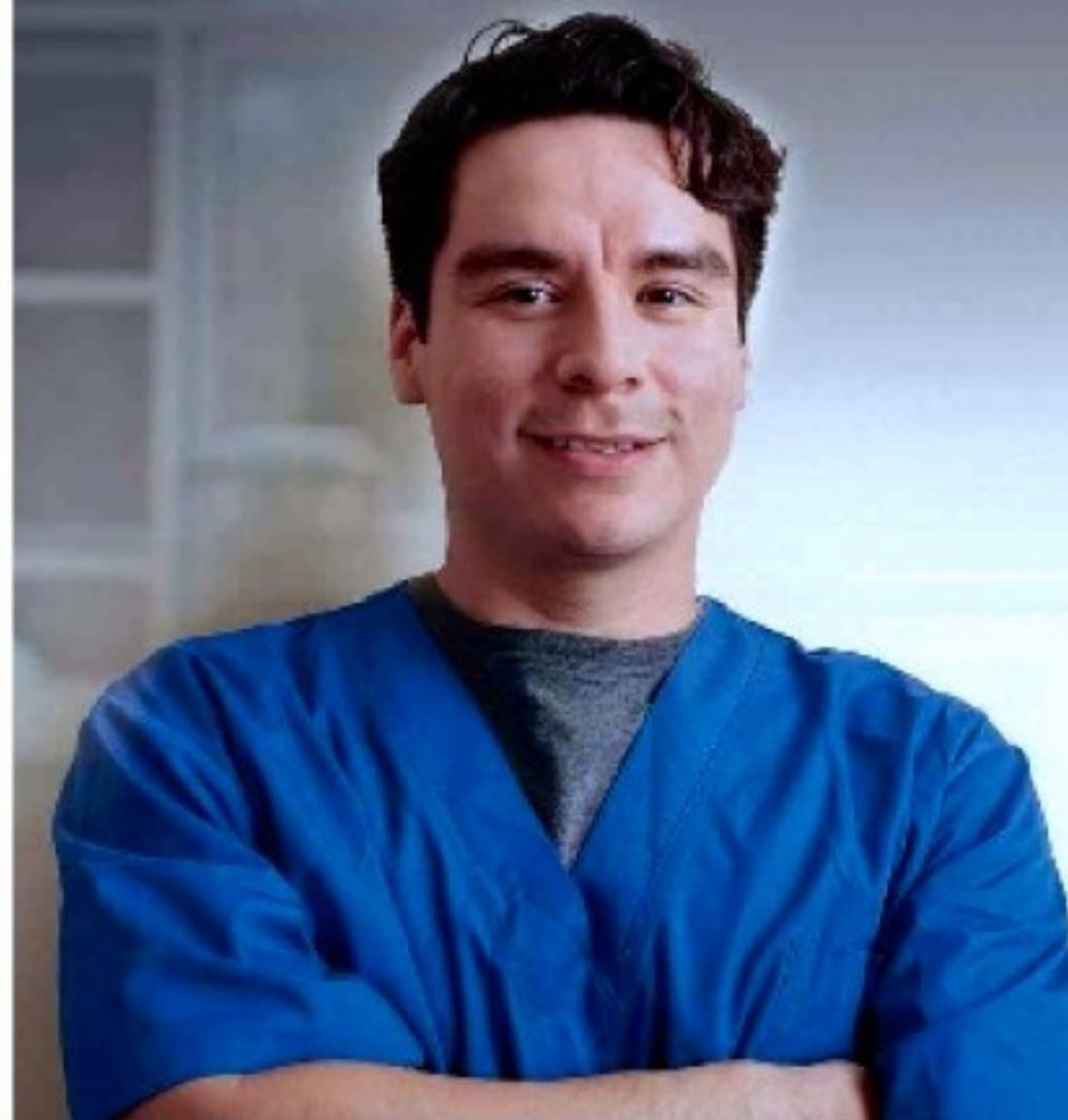
But the minister pushed back when asked whether the gov-

ernment was stirring up a potential debate on abortion by removing the section, which is sure to elicit a strong response from anti-abortion activists.

"We're not opening or reopening the abortion debate," she said. "We are simply taking a leadership role and hoping that we will have this bill passed through and we can clean up the Criminal Code once and for all." THE CANADIAN PRESS

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THIS PICTURE WAS TAKEN IN THE SPRING TIME OF LAST YEAR IN BEAUTIFUL POMQUET, ANTIGONISH CO., N.S. I GREW UP IN THIS SMALL ACADIAN COMMUNITY AND IT WAS THE HOT SPOT ALL SUMMER LONG. I WOULD SPEND COUNTLESS HOURS AT A TIME HERE. SO PEACEFUL AND QUIET. MY HAPPY PLACE. APRIL BOWMAN



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Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. Get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. Email us at scene@metronews.ca or post to Instagram or Twitter with the hashtag #150postcards.

Fearless Girl takes on the bull

WOMEN'S DAY

Wall Street's iconic bronze statue meets its match

A new statue of a resolute young girl now faces Wall Street's famous Charging Bull, erected by a major asset managing firm for International Women's Day to make a point: There's a dearth of women on the boards of the largest U.S. corporations.

State Street Global Advisors, the Boston-based investment giant, had the statue created to push companies to increase the number of women directors.

Artist Kristen Visbal's "Fearless Girl" drew crowds Wednesday that initially came to pose for pictures with the bull, but the novelty quickly became a New York hot spot.

The girl, sculpted in bronze, appears to be staring down the bronze bull, her hands firmly planted on her waist, ponytailed head held high.

"Know the power of women



'The Fearless Girl' statue stands across from the iconic Wall Street charging bull statue in New York City on Wednesday. The statue was installed as part of a campaign to pressure companies to add more women to their boards. THE ASSOCIATED PRESS



"It's going to happen to the end of time unless you change something," says Erik Gordon, a lawyer and professor at the University of Michigan's Ross School of Business. "It's got to not just be the rules. It's got to be the culture."

This week, McCann New York, a top advertising agency, installed the statue of the girl before dawn Tuesday, with a city permit for one week. Negotiations are underway for the piece to remain longer.

Why choose the Charging Bull as the site to place the girl?

"Well, we really wanted the bull to have a partner, and a partner that we thought was worthy of him," Heinel said. "And so we got a very determined young woman who is fearless and is willing to drive the change that we believe we need."

Sundaram's eight-year-old daughter, Sankaribriya, got the message.

She wanted to pose with the sculpted girl "because I just wanted to look at her and wanted to feel like her."

THE ASSOCIATED PRESS

in leadership. SHE makes a difference," reads a plaque at her feet.

"As a steward of nearly \$2.5 trillion of assets, we want to engage with boards and management around issues that we

think will drive core results," said Lori Heinel, State Street's deputy global chief investment officer. "And what you find repeatedly is having more diverse boards and more diverse senior management will actually drive

better results for companies."

Twenty-five per cent of the Russell 3000 — an index of the nation's largest companies — have no women on their boards, according to State Street, which manages many of their assets.

According to ISS Analytics, a business research firm, just 16 per cent of board seats on companies in the Russell 3000 are held by women; the average board of directors has eight men and one woman.

Women go on strike across the U.S. and around the world

Many American women stayed home from work, joined rallies or wore red Wednesday to demonstrate how vital they are to the U.S. economy, as International Women's Day was observed with a multitude of events around the world.

The Day Without a Woman protest in the U.S. was put together by organizers of the vast women's marches that drew

more than 1 million Americans the day after President Donald Trump's inauguration.

The turnout on the streets this time was much smaller in many places, with crowds often numbering in the hundreds. There were no immediate estimates of how many women heeded the call to skip work.

"Trump is terrifying. His entire administration, they have no re-

spect for women or our rights," said 49-year-old Adina Ferber, who took a vacation day from her job at an art gallery to attend a demonstration in New York City. "They need to deal with us as an economic force."

“
They need to
deal with us as an
economic force.
”

Adina Ferber

The U.S. event - inspired in part by the Day Without an Immigrant protest held last month - was part of the U.N.-designated International Women's Day.

In Warsaw, thousands of women showed Poland's con-

servative government red cards and made noise with kitchenware to demand full birth control rights, respect and higher pay.

In Rome, hundreds of women marched from the Colosseum to demand equal rights. Thousands marched in Istanbul, despite restrictions on demonstrations imposed since last year's failed coup. Turkish police did not interfere.

Women also held rallies in Tokyo and Madrid.

Germany's Lufthansa airline arranged for six all-female crews to fly into Berlin. Sweden's women's soccer team replaced the names on the backs of the players' jerseys with tweets from Swedish women. Finland announced a new \$160,000 International Gender Equality Prize.

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Manal Rostom jogs wearing Nike's new pull-on hijab for Muslim female athletes. COURTESY NIKE

Nike unveils athletic hijab

SPORTS

Company says headwear will be available for sale next year

Nike has unveiled a hijab for Muslim female athletes.

The Nike Pro Hijab has been in development for a year, the company said. Athletes gave their input for the product, and figure skater Zahra Lari was among those who tested it.

The pull-on hijab is made of light, stretchy fabric that includes tiny holes for breathability and an elongated back so it will not come untucked. It will come in three colours: black, vast grey and obsidian. Beaverton-based Nike says the hijab will be available for sale next year.



Lari, a hopeful for the Winter Olympics next year in Pyeongchang, South Korea, posted photos of herself wearing the hijab on her Instagram page. Lari is from Abu Dhabi and represents the United Arab Emirates.

"Can't believe this is finally here!!" she wrote.

Last summer, fencer Ibtihaj Muhammad of New York became the first Muslim American woman to compete for the United States wearing a hijab at the Olympics. She earned a bronze medal at the Rio Games.

The U-17 Women's World Cup last October in Jordan marked the first time Muslim players wore headscarves during a FIFA event. Soccer's international governing body formally lifted a ban on head coverings in 2014, recognizing Muslim and Sikh players.

THE ASSOCIATED PRESS

AFGHANISTAN

Men in lab coats murder dozens in hospital

Gunmen wearing white lab coats stormed a military hospital in Afghanistan's capital on Wednesday, killing at least 30 people and wounding dozens in an attack claimed by Daesh.

The attack on the 400-bed military facility, located near two civilian hospitals in Kabul's heavily guarded diplomatic quarter, set off clashes with security forces that lasted several hours.

The brazen assault re-

flected the capability of militant groups in Afghanistan to stage large-scale and complex attacks in the heart of Kabul, underscoring the challenges the government continues to face to improve security for ordinary Afghans.

Gen. Dawlat Waziri, a Defence Ministry spokesman, said there were "more than 30 killed and more than 50 wounded" in the attack. Afghan forces battled the attackers floor by floor, he added.

The ministry said the attackers were dressed like health workers.

According to Waziri, four gunmen were involved, including two suicide bombers who detonated their explosives vests once the group was inside the hospital.

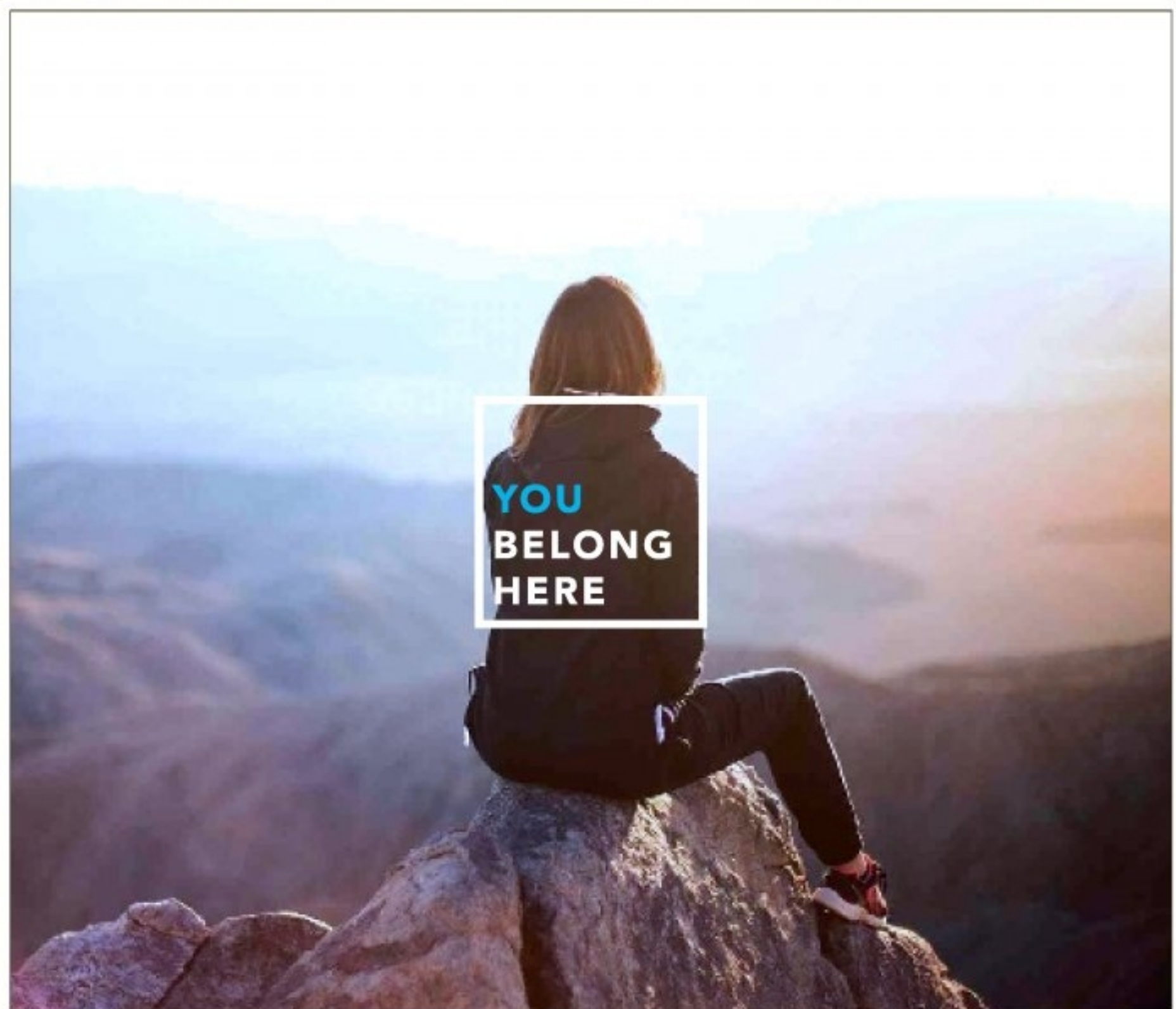
The two other attackers were shot dead by security forces, the spokesman said. A member of the security forces was killed in the shootout and three other security officers

were wounded. Along with the suicide vests, the attackers also had AK-47 rifles and hand grenades, Waziri said.

Obaidullah Barekzai, a lawmaker from southern Uruzgan province, said Wednesday's attack by Daesh and other similar assaults, especially in the capital, are very concerning.

"This is not the first attack by (Daesh), they have carried out several bloody attacks in Kabul," he said.

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IN BRIEF

Iceland requires firms to prove equal pay

Iceland will be the first country in the world to make employers prove they offer equal pay regardless of gender, ethnicity, sexuality or nationality, the Nordic nation's government said Wednesday — International

Women's Day. The government said it will introduce legislation to parliament this month, requiring all employers with more than 25 staff members to obtain certification to prove they give equal pay for work of equal value.

THE ASSOCIATED PRESS

UNITED KINGDOM

Britain saving for the future ahead of Brexit

Britain plans to save money while it can to prepare for a potentially drawn-out, economically painful exit from the European Union.

That's the message the Treasury chief gave Wednesday in a budget speech whose confident tone and lighthearted moments belied the dramas ahead.

Philip Hammond ditched the dry delivery that earned him the nickname "Spreadsheet Phil," as he outlined a spending plan for the 2017-18 fiscal year that he said lay the foundations for a "stronger, fairer, better Britain" outside the EU.



We will not saddle our children with ever-increasing debts.

Phillip Hammond

"Our United Kingdom has a proud history," he told the House of Commons. "We have done remarkable things together. But we look forwards, not backwards, confident that our greatest achievements lie ahead of us."

While he promised additional funding to care for the elderly and mitigated steep rises in property taxes for some businesses, Hammond said that supporting Britain's public finances ahead of Brexit means continuing to control spending. Prime Minister Theresa May and her predecessor have presided over seven years of austerity to close a budget deficit that ballooned during the financial crisis.

"The only responsible course of action ... is to continue with our plan undeterred by any short-term fluctuations," Hammond said. "We will not saddle our children with ever-increasing debts." THE ASSOCIATED PRESS

HOUSING MARKET

Economy gains steam as new homes built

The pace of home construction in Canada picked up last month and a lot of the push came from Ontario, the federal housing agency said Wednesday, offering the latest evidence that the economy is building momentum.

Canada Mortgage and Housing Corp. said February's seasonally adjusted rate for housing starts was 210,207 units, up from 208,934 in January and above expectations of 200,000 units, according to a consensus estimate from Thomson Reuters.

Activity in the multi-unit sector fell but there was a big jump in single, detached homes in urban areas, CMHC said.

There were 71,871 single de-

tached houses started in February in urban areas — up 12.1 per cent from the prior month — mostly because of Ontario, where there has been a shortage in the Toronto area.

The lack of supply, particularly for detached homes, has been a major factor driving up prices in the city and other parts of southern Ontario.

Vancouver was a different story, with housing starts down 42 per cent from January. The city is settling back to a more normal pace of house construction after an unsustainable record pace last year, TD Bank economist Diana Petramala said.

THE CANADIAN PRESS

12.1%

71,871 single detached homes were started in February — up 12.1 per cent from January.



GREECE FARMERS CLASH WITH POLICE OVER AUSTERITY MEASURES Farmers clash with riot policemen during a protest outside the Greek Agriculture Ministry on Wednesday in Athens, Greece. Farmers were protesting against the government's tax and pension system reforms. Clashes broke out with riot police using teargas to repel the protesters. GETTY IMAGES

Big changes ahead for NAFTA: Ross

TRADE

U.S. commerce secretary says renegotiations begin late 2017

NAFTA negotiations will probably start late this year, might take about a year, and will include serious changes that could see the addition of several entire new chapters to the landmark agreement.

That's according to U.S. Commerce Secretary Wilbur Ross, tasked by President Donald Trump to assist negotiations. And while the president suggests

he simply wants minor tweaks in the arrangement with Canada, his point man foresees substantive changes.

"The Mexicans know, the Canadians know, everybody knows, times are different. We are going to have new trade relations with people," Ross said Wednesday.

"And they all know they're going to have to make concessions. The only question is what's the magnitude, and what's the form of the concessions."

Ross credited the president for preparing other countries to make concessions: "He's made my job easier by softening up the adverse parties. What could be better than going into a trade negotiation where the fellow on

the other side knows he has to make concessions?"

Ross revealed multiple aspects of his thinking on the upcoming renegotiations of the seminal 1993 agreement with Canada and Mexico. He answered two lingering questions:

- Will the U.S. seek only minor administrative changes, or more substantive ones that would require consultations with U.S. Congress, under the rules of so-called fast-track legislation, and then a vote in Congress? Ross said he intends to involve Congress.

- When would the U.S. start negotiations, which must follow a 90-day consultation process with Congress? Not right away, he said. The U.S. has yet to get its

entire cabinet confirmed, including the U.S. Trade Representative.

"You're talking probably the latter part of this year before real negotiations get underway," Ross said. "(Then) I think the negotiations hopefully won't take more than a year."

Ross hopes to add entire new chapters to NAFTA, which currently has 22 chapters. He says the additions would reflect the modern digital economy.

"It's an old treaty. Our economy is very different from what it was (back then)," he said.

"Several chapters need to be added because of the digital economy and other things that have developed subsequently."

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VIEWS

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Thursday, March 9, 2017

CHANTAL HÉBERT ON THE FEDERAL BUDGET



Is the Trump White House providing Trudeau's government with much-needed political cover for problems of its own making?

Over his first 15 months as a rookie MP and Canada's finance minister, Bill Morneau has mastered the art of the platitude. That could come in handy when he presents his second budget later this month.

It does not matter what curve balls his opposition critics throw at him in question period these days, his answers never stray from the generic talking points that usually pass for government responses in the House of Commons.

Morneau is no more enlightening in his exchanges with the media.

About the budget he is set to unveil on March 22, the minister had this to say Tuesday: "We want to move forward on our agenda and continue to be ambitious in helping Canadians."

In the case of budget 2017, discretion may well be the better part of valour.

Based on the government's pre-budget chatter, this year's installment is not destined to be a watershed document.

For weeks, Liberal spin doctors have been dampening expectations. To hear them, it would be best to treat the second budget of the Trudeau era as a non-event.

It is widely expected to leave more questions unanswered about the fiscal course of the government than it addresses.

Morneau and others point south of the border and blame the uncertainty that is attending the arrival in the White House of an unpredictable administration to account for the government's tentative approach to its upcoming budget.

Indeed, since Trump's



Federal Finance Minister Bill Morneau's upcoming budget is being billed as blasé, writes Chantal Hébert. THE CANADIAN PRESS

inauguration, the finance minister has spent an unusual amount of time in the U.S. on what the government has described as fact-finding missions.

There is no doubt that Donald Trump's presidency is a wild card about whose impact it is hard to come to an informed assessment.

But it is also true that it offers convenient cover for a government that is as long on ambitious talk as it is short on revenues to finance its promises.

Long before Trump's potential arrival in the White House was seen as a credible threat, it was clear that whatever big-ticket items had not made it into last year's first Liberal budget would be unlikely to find pride of place in subsequent ones.

The sluggishness of the world economy precedes Trump's victory. So do the

forecasts for a string of double-digit federal deficits that could easily stretch — if you believe Canada's parliamentary budget office — into the next mandate and beyond.

Morneau did not wait for Trump to win to start to shovel some federal spending forward.

Take health care. To make the pill of a 50 per cent reduction in the rate of increase of the health transfer to the provinces easier to swallow, the federal government upped its offer of more cash for mental health and homecare services last fall.

In total, it is committed to sweetening the provincial pot to the tune of about \$12 billion dollars over 10 years.

But the six provinces that have signed accords with Ottawa so far will see little of that funding upfront.

Based on the one-on-one

deals negotiated to date, Le Devoir extrapolated that Ottawa is poised to hand over not 10 per cent but rather less than 3 per cent of the 10-year envelope over the coming fiscal year.

It is not just on the budgetary front that the Trudeau government may be overstating Trump's impact on Canadian policy for its own reasons.

Take the refugees that have been showing up in greater numbers at various points along the border. Trump's determination to ban citizens from a handful of Muslim-majority countries from entering the United States has propelled them into the spotlight.

But when the Canadian Press investigated the phenomenon, it found that the trigger for the steady increase in the number of people crossing into Canada to apply for refugee status was Trudeau's arrival in power and the adoption of a more pro-refugee federal tone.

There is a legitimate government discussion to be had over the impact of Trump's agenda on Canada's economy and a prudent government would keep its options open enough to be able to adjust to whatever challenges arise from the policies of the new U.S. administration.

But it is nevertheless fair to ask whether the Trump White House is providing the Trudeau government with much-needed political cover for problems of its own making.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

Welcome to Feminist In-Fight where I, Vicky Mochama, put two feminist forces in the Equality Death Cage.



EMMA WATSON

THIS WEEK:



BEYONCÉ'S BEY HIVE

THE FEUD

After critics attacked **Emma Watson** for showing underboob in a Vanity Fair photoshoot, she responded by saying "Feminism is not a stick with which to beat other women." **Beyoncé fans**, more commonly known as **the Beyhive**, seized on the apparent hypocrisy. The fans, somewhat of a proxy for the notoriously media shy super star, pulled up a Watson quote from 2014 in which she questioned how Beyoncé could count herself a feminist while at the same time making sexy music videos.

Wins to Their Name

UN Women Goodwill Ambassador	Made Beyoncé the highest-paid black musician in history
------------------------------	---

Other Victories

Played Hermione and got to punch Draco Malfoy	Can count Meryl Streep and the entire Obama family among their ranks
---	--

Notable Quotables

"If I was going to be a princess, I'd be a warrior princess."	"It's Beyoncé's World and we are just living in it." - Anderson Cooper (Beyhive member)
---	---

You Don't Want This Trouble

Has the might of the United Nations behind her	Has the might to flood your social media feeds with lemon emojis
--	--

On Defence

Watson's full quote begins: "I'm quite nervous to bring it up because I still haven't really formulated by my own ideas about it..." So she knew she was on shaky territory, but still tried thinking out loud.	Prominent feminists constantly go after Beyoncé for not being the perfect feminist, and that gets tiring. Black feminists are especially tired. Like, Rip Van Winkle Tired.
---	---

Vicky, In Charge of Feminism, Decides

The Beyhive wins. The Hive always wins.

Credit to Emma Watson for engaging with the criticism by posting the full interview, but the United Nations can't handle the co-ordination of the Beyhive. They are a digital Swiss Guard who will die defending Beyoncé; Hermione fans could never.



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Hard Powder, an action movie in the early stages of production, had applied to Parks Canada for permission to film some scenes in Banff, above, and the Columbia Icefields. GETTY IMAGES

Film barred over First Nations storyline

MOVIES

Parks Canada blocks shoot in Banff after concerns raised

A movie production team was denied permission to shoot in the Rocky Mountain national parks after Parks Canada staff learned the film's plot involved an Indigenous gang leader.

"They expressed a real concern that this was not something they would favour," said Mark Voyce, location manager for a film project that had been scheduled to start shooting later this month.

Voyce is working for Michael Shamberg, a film producer whose past credits include movies such as Erin Brockovich, A Fish Called Wanda, Garden State, Gattaca and Get Shorty.

Shamberg is currently working on a project called Hard Pow-

der, a crime drama ostensibly set in a Colorado ski town.

Action star Liam Neeson is to play an honest snowplow driver whose son is murdered by a local drug kingpin. He then seeks to dismantle the cartel, but his efforts spark a turf war involving a First Nations gang boss, played by First Nations actor, musician and Order of Canada member Tom Jackson.

Director Hans Petter Moland had hoped to shoot scenes in Banff, the Lake Louise townsite and ski hill, and the Columbia Icefields.

"He was enamoured of the beauty of the Columbia Icefields," Voyce said. "He was very stubborn in insisting that if we were going to come here, that it was to shoot parts of these films in the national park."

Voyce, who has previously organized movie shoots in national parks from Newfoundland's Gros Morne to Pacific Rim on Vancouver Island, said the team began the application

process with Parks Canada in December. He said he believed that by last week, only a few details needed to be cleaned up and that permissions would be granted. Then, late last week, came a phone call.

"They phoned and asked, 'Is the leader of the rival gang in this picture First Nations?' We said yes. That became an obvious last nail in the coffin for us," he said.

"They didn't want to offend anybody. They (said they) would get back to us, but they had grave concerns over subject matter. They told us that in almost exactly those words."

On Monday, Voyce received a letter from Parks Canada listing eight requirements, including the possible need for an environmental assessment.

"We're looking to start filming on March 20 and can't really push our schedule," he said. "That, frankly, is a death blow for us."

Voyce said much of the information requested was included

in the original application.

In an email, Parks Canada confirmed it has concerns over the script.

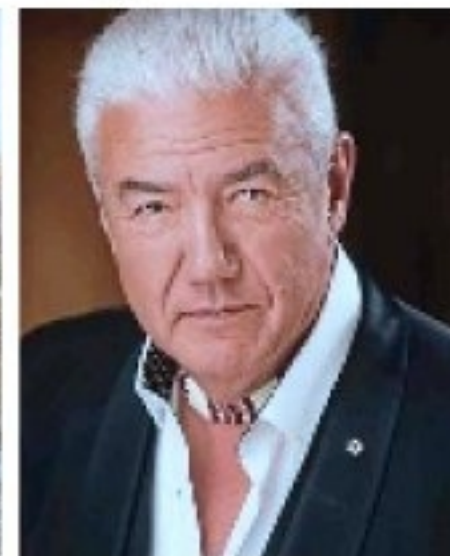
"The Government of Canada is committed to reconciliation and nation-to-nation relationships with Indigenous peoples, based on a recognition of rights, respect, co-operation and partnership," said the response from spokeswoman Meaghan Bradley.

"In addition to some administrative details and outstanding documentation, Parks Canada's commitment to reconciliation and respect for Indigenous peoples was an important factor in the agency's final decision on this matter. Parks Canada maintains the right to refuse applications that are not in line with Parks Canada's mandate or operational priorities."

Such decisions are made locally by staff at the parks where the request is made, said Bradley.

The decision was made despite a letter of support from Jackson.

"As a consultant to this pro-



Actors Liam Neeson, seen here in the 2011 film *The Grey*, and Tom Jackson star in *Hard Powder*. HANDOUT/TORSTAR NEWS SERVICE

duction, I have taken a strong stance to ensure that the humility and integrity of First Nation roles do not cross the line of disrespect to my culture. I don't feel my culture is insulted even slightly by the script," he wrote.

"Hard Powder will be made regardless. The question is whether we deprive our own, or do we harvest for our own?"

Parks Canada receives many film requests every year and says it's not possible to accommodate them all. The mountain parks have a long history with movie and TV production, running from 1954's Marilyn Monroe-Robert Mitchum film *River of No Return* to scenes this year filmed for the popular series *Game of Thrones*. THE CANADIAN PRESS



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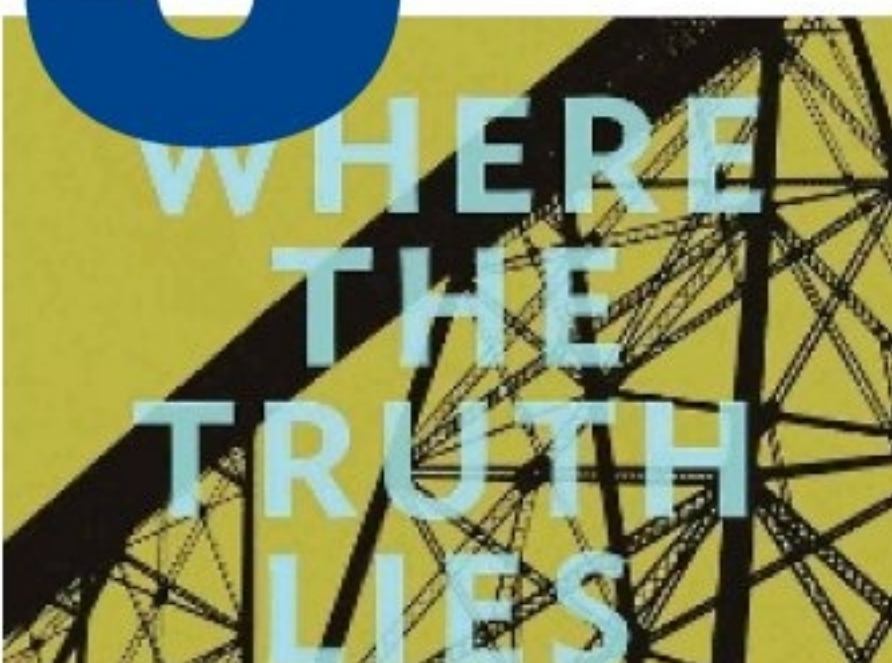


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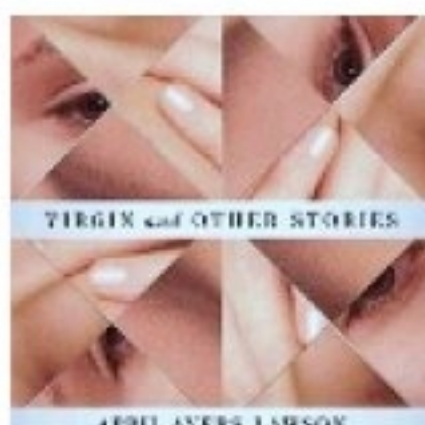
5 SHORT STORIES TO CAPTURE EVEN BRIEF ATTENTION SPANS

What are you more likely to pick up — your mobile device or the 1,200 pages of Tolstoy's *War and Peace*? Thought so. Shorter attention spans have made stories and essays more popular than ever. Here are five new collections. TORSTAR NEWS SERVICE



1 Dealing with 'Writeritis'

Where the Truth Lies, a collection of 21 essays and speeches by Rudy Wiebe — written and spoken over the course of 40 years — is the 13th volume in NeWest Press's The Writer as Critic Series. It should find a permanent place on the bookshelves of the Western writer's fans and indeed anyone curious about the terminal disease he calls "Writeritis." The collection is divided into three sections: Writing a Lifetime, Place is a Story and Where I Live. Recurring themes include the great open spaces that comprise Canada, aboriginal culture's innate wisdom and, of course, Wiebe lets us into the tent where creativity dwells.



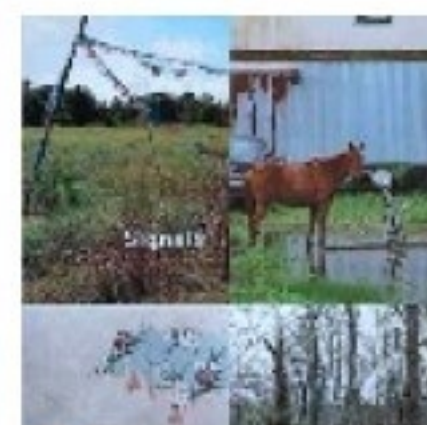
2 Religion vs. modernity

"Virgin," the title story in April Ayers Lawson's **Virgin and Other Stories** was shortlisted for the prestigious Pushcart Prize and won The Paris Review's Plimpton Prize, and it's easy to see why: Jake and Sheila are an odd couple — he raised by a man-crazy mum, she by fundamental Christian parents. Even after they marry, Sheila isn't interested in sex. So why is he so suspicious about her activities? Stories are set in the American South, where that old-time religion collides with the modern world.



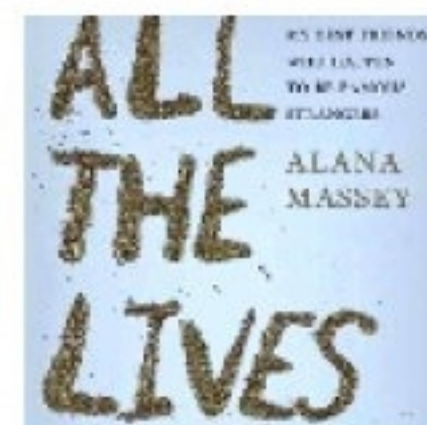
3 Domestic dramas

The titles of Clea Young's stories often turn on ambiguity. In **Teardown's** title story, the "teardown" is the rental awaiting demolition where a young couple is living, but it also refers to the shaky structure of their marriage while awaiting the birth of their first child. Split can refer to Tova's split left nipple or it could be the ambivalence she feels about becoming a mother. Three of Young's stories were published in the Journey Prize Stories anthologies, featuring the best Canadian short fiction.



4 Uneasy situations

In *Idols*, the first story of Tim Gautreaux's **Signals**, a 63-year-old typewriter repairman inherits his aunt's crumbling mansion; in the second, Attitude Adjustment, a young priest, disfigured and brain-damaged after a car crash, continues his vocation as best he can; in the third, Sorry Blood, a befuddled old man gets lost in the Walmart parking lot and is kidnapped by a low-life. You get the drift: Louisiana writer Gautreaux invents interesting characters and plunks them down in uneasy situations.



5 Celebrity culture

Alana Massey's **All the Lives I Want** — all revealing truth through the lens of celebrity culture — begins with the assertion that each of us is either a Gwyneth ("a life so figured out as to be both enviable and mundane") or a Winona ("a messy but somehow more authentic life that is at once exciting and a little bit sad"), then explains the limitations of that construct. The titles of her 15 essays hint at their wit, among them: Public Figures: Britney's Body is Everybody's. Fun for all ages.

LITERARY TRENDS

Spy fiction 'becoming reality'

Jason Matthews is a retired CIA officer who now writes spy novels, focused on Russia. He was working on a book last year that ordinarily would seem a little far-fetched, but which proved too close to current events.

"The plot line was an American presidential candidate who has a secret that's so bad it would ensure his or her impeachment, and the only person who would know the secret is Vladimir Putin," says Matthews, a prize-winning author best known for his Red Sparrow thrillers.

Matthews set the novel aside, but he's in no danger of running out of ideas.

With law enforcement and Congress looking into possible ties between Trump advisers and Russians during the 2016 campaign, spy novelists have been challenged, amused, angered and inspired. The Cold War ended decades ago, but writers now see a new wave of possible plot twists and plots to avoid, whether the reported Russian contacts of such former Trump campaign officials as Paul Manafort and Carter Page, the Trump dossier compiled by British intelligence or the firing of National Security Adviser Michael Flynn over phone conversations with the Russian ambassador.

"I wake up every morning and I think, 'Thank heavens for



Donald Trump's ties to Vladimir Putin and Russia have provided fresh inspiration for spy novel writers. GETTY IMAGES

Vladimir Putin," says Matthews, whose next book, *The Kremlin Candidate*, will centre on the "tried and true" story of a Russian asset in the CIA. "He's a great character and his national goals are the stuff for spy novel."

Charles Cumming, known for such novels as *A Divided Spy* and *A Colder War*, is working on a thriller that touches upon Brexit and Trump's election, including "the idea that collusion could take place between the Russian and American intelligence services is no longer the stuff of fiction." Michael R. Davidson, another former CIA agent who writes novels, also found the story of Trump and Russia overlapping with fiction. He and writing partner Kseniya Kirillova had been working since early 2016 on *Successor*, a thriller about the Russians attempting to get

a mole in the White House who will push to lift sanctions.

"We had it mostly completed by late summer. But as Kseniya writes only in Russian, I had a lot of translating and editing to do and did not finish until November," Davidson said. "All the while we were increasingly bemused and concerned by the Russian contacts of Paul Manafort and Carter Page, not to mention Flynn, but it was a case of fiction becoming reality."

David Downing, whose novels include *Lenin's Roller Coaster* and *One Man's Flag*, said he finds the Trump-Russia reports more a political story than a spy story. "This is what you get for electing a self-defining businessman/dealmaker as president — someone who can't be relied on to put the national interest first," he said of Trump. THE ASSOCIATED PRESS

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What matters in a 'garbage soul'

NON-FICTION

Scaachi Koul's 'catalogue of misery' sure to strike a chord

Sue Carter
For Metro Canada



Scaachi Koul didn't set out to write *One Day We'll All Be Dead and None of This Will Matter*. She began working on her personal essay collection two years ago, at age 24, intending the book — which she refers to as "a catalogue of misery" — to be a much lighter read. But when Koul's editors at Doubleday Canada pushed her to dig deeper into her "garbage soul," the underlying tenor of the book shifted.

"It's a lot about loneliness and trying to make a connection, and it's a lot about how your history informs where you're going," Koul says. "I'm happy where it went, but sometimes you do need an editor to tell you that you don't have to be glib all the time. That was a hard lesson for me."

Those who follow Koul's work



With the internet, you can yell at me and it costs you nothing. I don't know what they can say that I haven't heard already.
Scaachi Koul

Writer Scaachi Koul says *One Day We'll All Be Dead and None of This Will Matter* is "a lot about loneliness." CONTRIBUTED

as an editor at BuzzFeed or on Twitter know that she's an all-caps force who doesn't suffer fools or anonymous online trolls gladly.

The sly, cutting sarcasm — and the misery — still reverberate through *One Day We'll All Be*

Dead, but they've been tempered, leaving breathing room for Koul to share more vulnerable observations of her life and her roles as a young woman, a girlfriend, a best pal and a daughter of Indian immigrants. She wrestles with Western beauty standards

and ethnic stereotypes, and the horrifying reality of rape and surveillance culture, familiar to any woman who has spent a night at a bar watching her drink in fear of getting roofied.

"It's much easier to write down an anxiety or a fear you

have, but then cut the tension with a joke. There are portions of the book where I didn't do that. People were telling me sometimes you have to let a moment land," says Koul, who describes the feeling of releasing the book as being akin to photocopying your diary and handing it over to a gang of junior-high girls.

"As much as my instincts were telling me to say, 'Here's a terrible thing that happened, but don't worry, everything's fine,' that's not always the right move. Writing generally is an exercise in being insecure. Of course, it feels uncomfortable and exposing."

Koul also didn't anticipate that her relationship with her family would become the heart of *One Day We'll All Be Dead*. Each chapter opens with an email exchange with her father, whose own surly charm will be familiar to anyone who follows Koul on Twitter. Although Koul talks about the specific ways in which she's inherited her parents' anxieties and the generational disconnect she feels as a child of immigrants, there's a universal quality to her interactions with her family that is reminiscent of American humorist and essayist

David Sedaris, whose writing she loved from a young age.

"I have to write like they're already dead, otherwise every essay will come out as very stilted. I'm sure there's stuff that will make them uncomfortable reading it," Koul says. "I don't think my dad wants to read a chapter about my pubic hair, so I won't recommend it. My mom will read it and she'll cry, but she'll get over it."

One group of readers that Koul isn't worried about is the legion of online trolls that have been harassing her for the past few years. In *One Day We'll All Be Dead* she covers the personal toll the threats have caused, but says she doesn't expect that they'll actually make an effort to buy, let alone even pick up her book.

"There's a fee to enter. With the internet, you can yell at me and it costs you nothing and so that's where they live," she says. "I'm not super-concerned, and at this point, I don't know what they can say that I haven't heard already. Do your best. What can you say at this point to take this away from me?"

Sue Carter is the editor at Quill & Quire magazine.

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No hiding places in Syria's horror

DOCUMENTARY

Cries From Syria lays bare human side of six-year war

It has been 18 months since the body of 3-year-old Aylan Kurdi washed up on the shore of Turkey, the premature end of a flight from Syria.

Nilufer Demir's photo of Kurdi, face down in the morning surf, prompted an outpouring of compassion for refugees around Europe and North America.

Now, voters in developed countries are rewarding candidates for smearing refugee resettlement as a cultural and security threat, despite the overwhelming evidence to the contrary.

Director Evgeny Afineevsky hopes his new documentary, *Cries From Syria*, which premieres at 10 p.m. EST Monday on HBO, can revive our collective sympathy.

"I tried to show the human side of these people, and their dignity," he said in an interview

from Los Angeles. "Their dignity is the essential thing."

Its HBO premiere and limited run in Los Angeles and New York movie theatres falls on nearly the sixth anniversary of Syria's murderous war, one so brutish, the U.N. has lost count of the death toll. Most estimates put it over 400,000. The government is responsible for the bulk of those fatalities.

Cries From Syria is a difficult film that opens with a shot of little Aylan's body before rewinding to the popular uprising that spiraled into war.

The historical context given is thin, but in broad strokes, is factually correct. The Assad family had ruled Syria with an iron fist for four decades, and cracked down on dissent with militaristic violence.

Stitching together footage recorded by activists of the events in Syria with moving interviews from people who can only be described as survivors of President Bashar Assad's desperation to rule, Afineevsky delivers a wrenching expose of the crackdown that sparked the still-raging war.

A lot of the footage is graphic, and will be unfamiliar to those



Cries From Syria is an unsparing look at the country's murderous war. HBO

who have not followed Syria closely. Viewers will gaze on the disfigured corpse of a dead 13-year-old who, by opposition accounts, was kidnapped and tortured to death by the government's security services in 2011 to make an example out of protesters.

"Without this brutality, you

won't understand why these people are looking for shelter, why they take the boats and head for the seas," said Afineevsky, whose 2015 *Winter on Fire: Ukraine's Fight for Freedom* was nominated for an Oscar for best documentary. "You want to feel the same thing that mothers feel, to lose their kids."

Individual cases are difficult to verify, but prosecutors and human rights watchdogs have accumulated reams of evidence pointing to an industrial scale of torture and extrajudicial killings in the government's shadowy network of detention centres.

The film moves through the phases of the war, ending with



Without this brutality, you won't understand why these people are looking for shelter, why they take the boats and head for the seas

Director Evgeny Afineevsky

a chapter called *In Between* that returns to the desperate attempts to flee the war. One of them, of course, belongs to Kurdi's family. The U.N.'s refugee agency says 5 million Syrians — nearly one-quarter of the country's pre-war population — are refugees. Once citizens, with jobs, belongings, homes, access to education and health care, they are now mired in the camps and the ghettos of Syria's neighbours. They are stateless, and they need onward passage to developed nations, for the sake of their children's futures if for nothing else.

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Gossip DIGEST — SHOOT, TRUTHS AND A SPLIT

1 Malik and Hadid team up for Versace shoot —

Zayn Malik is starring in an ad campaign photographed by his girlfriend, Gigi Hadid. The former One Direction singer is in the spring summer campaign for Versace's Versus line. The photoshoot took place at the Chateau Marmont hotel in Los Angeles. Model Adwoa Aboah also appears in the campaign. Malik says being photographed by

Hadid for the shoot made it "extra special."

2 Stewart opens up on coming out —

Kristen Stewart used to fight like heck to keep her private life private but then she came to grips with her celebrity status. In July, she revealed for the first time that she had an on-again, off-again girlfriend, followed most recently by her first hosting gig on SNL when she joked

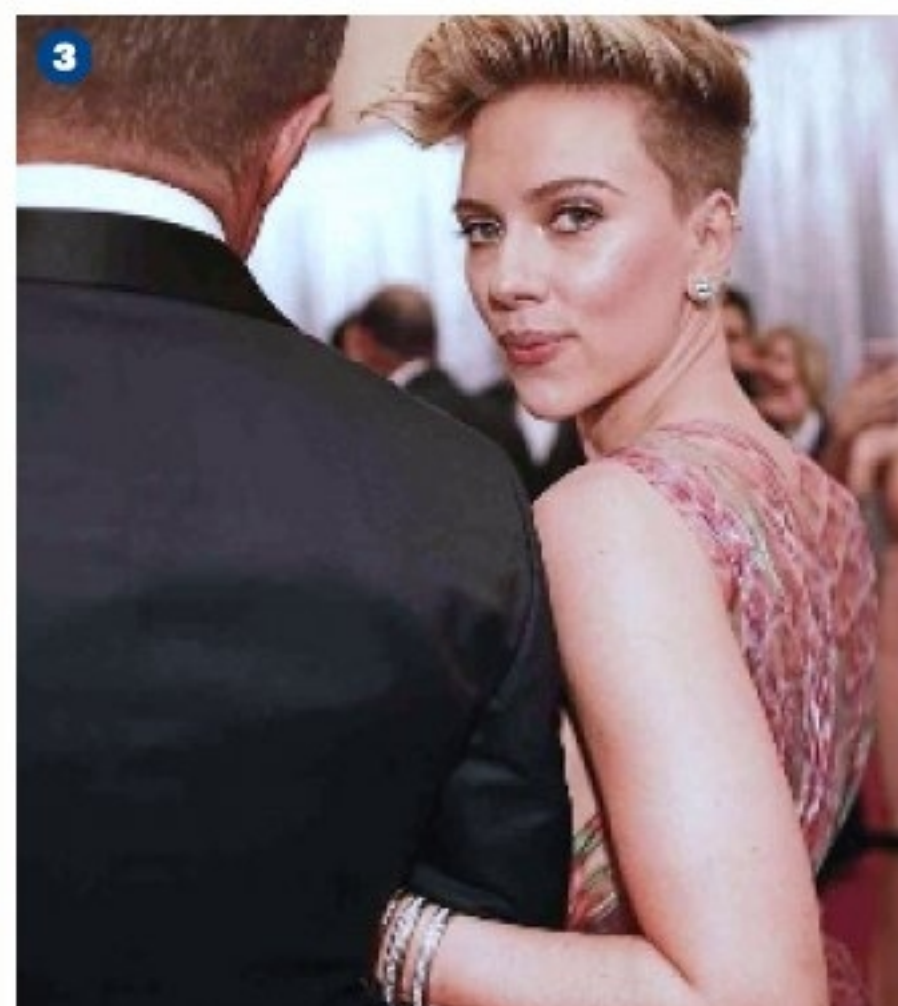
in a swipe at Donald Trump, "I'm, like, so gay, dude."

The idea, Stewart said, was to spread acceptance: "Considering I had so many eyes on me, I realized (my private life) affects a greater number of people than just me. It was an opportunity to surrender a bit of what was mine, to make even one other person feel good about themselves."

Coming out publicly, Stewart said, "just seemed important and topical."

3 Johansson files for divorce —

Scarlett Johansson has filed for divorce from husband Romain Dauriac. Dauriac's lawyer, Harold Myerson, confirmed that Johansson made the filing in a New York City court Tuesday. It follows an announcement that the couple split last summer. Johansson and the French former journalist married in 2014 following the birth of their daughter, Rose. THE ASSOCIATED PRESS



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MSRP \$17,855
-\$4,000
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\$84/MO*
FINANCE PRICE:
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JOHANNA SCHNELLER
WHAT I'M WATCHING

Have your cat fight and milk it



Susan Sarandon and Jessica Lang ham it up but keep it real as Bette Davis and Joan Crawford in *Feud*. FX

THE SHOW: *Feud: Bette and Joan, Season 1, Episode 2 (FX)*
THE MOMENT: Boss's orders

Studio chief Jack Warner (Stanley Tucci) and director Robert Aldrich (Alfred Molina) are watching dailies from *Whatever Happened to Baby Jane*, starring Bette Davis (Susan Sarandon) and Joan Crawford (Jessica Lange).

"Pure naked rancor," Warner exults. "I love it! I want more." Aldrich sighs. He's just gotten his warring actresses to sheathe their claws.

"What we're looking at is a raw display of the free market," Warner says. "That's the American way. The more each tries to crush the other, the better they get."

What we're looking at here, folks, is a class-A example of hedging, of having your cat-fight and decrying it, too.

Series creator Ryan Murphy lays out all the reasons — repeatedly — for why Joan and Bette have to, say, convince

Aldrich to fire a hot starlet: They're brilliant but over 40 so they can't risk being upstaged, etc.

And then he does a lingering push-in to the two iron-eyed dames, arms crossed, watching the starlet exit in tears. It's like telling you that porn is bad, and then showing you lots of porn to prove it.

Critic James Poniewozik calls Murphy's style "campathy," a mix of camp and empathy. (Damn you, Poniewozik! Wish I'd coined that.) Murphy revels as his woman characters scratch out each other's eyes, and then gives us weepy speeches about how they're single moms just trying to make a living, or how their power threatens the status quo.

It's a big plate of ham covered in a heap of cheese. But that doesn't mean it isn't true.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Filling the syllabus with stars



Celine Dion

A course rich in social context would focus on Dion's rise to fame as a musical export, suggests University of Calgary arts professor Dawn Johnston. Starting with a study of Montreal living, the course could expand to chart Dion's beginnings in international song contests. "You could flash back to when she was on Eurovision," Johnston says, pointing to when she represented Switzerland in 1988. "(And then) explore her role as a French Canadian in a world culture."

While many celebrities are the subject of courses of higher learning, there have been few Canadian examples. We asked a group of scholars to dream up courses headlined by famous Canadians from the entertainment world. **THE CANADIAN PRESS**

Drake



Western University student Amara Pope, who wrote about Drake for her master's thesis, suggests Drake as a vehicle for a study of race and social status. Drake plays the role of "high-class rapper and low-class citizen," she says, which makes him a timely example of how the Internet can help shape identity. "It can go beyond him as a case study into examining different ways of communicating on social media," Pope says.

k.d. lang



The Alberta chanteuse has pushed against "dominant gender norms and prevailing sexual stereotypes," says Marc Lafrance, associate sociology professor at Concordia University. Lafrance suggests a focus on how the singer bucked country music conventions by appropriating masculine iconography. Other sections could examine how lang cultivated her persona through the changing social conditions of the times.

Samantha Bee



University of Oklahoma assistant professor Lisa Funnell, who was born in Hamilton, says Bee is an avenue to a lineage of Canadian comedians who found success partly by poking fun at America. Units could include an examination of Michael Moore's comedy "Canadian Bacon," which starred the late John Candy, and the career of *Saturday Night Live* creator Lorne Michaels.

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MEET THE CONDO

Townhomes with detached feel

NOLAN PARK



Project overview

Nolan Park is a townhome development located in the charming community of Nolan Hill in northwest Calgary with three showhomes now open. There are exceptional upgrade options and basement development opportunities.

Location and transit

Nolan Park is in an ideal location with easy access to several major roadways including Sarcee Trail, Stoney Trail and Shaganappi Trail. Calgary public transit is also very well established in this area, making it easy to get to and from Nolan Park.

Housing amenities

Nolan Park is a townhome project directly adjacent to a large park with pathways and playgrounds. A number of the units have walkout basements and main level entries, creating a single-family home feel and single, tandem and double garages are available.

In the neighbourhood

The Gates of Nolan and Sage Hill Crossing are both within a couple of minutes and just a few kilometres further there is Beacon Hill Shopping Centre with Costco, Canadian Tire, GoodLife Fitness and more.

KRISTA SYLVESTER/FOR METRO

+ NEED TO KNOW

What: Nolan Park Townhome Development
Builder: Cardell Lifestyles
Architect: NORR
Interiors: In-house design team
Location: Nolan Hill in NW Calgary
Building: Townhomes
Suites: Two- and three-bedroom units; single, tandem, and double garages available
Sizes: 1,259 to 1,577 square

Pricing: Starting from \$309,900 + GST
Status: Now selling
Sales centre: 381 Nolancrest Heights NW
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REAL ESTATE

What's hot on the market

1 SALES CENTRE NOW OPEN

Vogue by La Caille: Nestled in West Village, Vogue by La Caille encompasses everything that style entails. Location is key as this project is just one block from the 8th Street LRT station and within easy walking distance of access to Calgary's Plus-15 walkway system. Visit the sales centre located at 912 5th Ave. SW.

2 REGISTER NOW

The Orchard by Lamb Developments Corp: Located in the redeveloping community of Victoria Park, The Orchard will feature 66 apple trees that add beautiful colour and green space to the area. This project is walking distance from the downtown core, the Saddledome and the C-train. Check out the sales centre at 608 12th Ave. SE, unit 602.

3 UNDER CONSTRUCTION

Lido by Battistella: Named after the now-defunct community diner, Lido is an eight-storey condo tower located in the heart of Kensington. The project features a boutique hotel, public underground parking and retail shopping. Check out the presentation centre at 1120 Kensington Rd. NW.

KRISTA SYLVESTER/FOR METRO

DOG HAUS

Mid-century design has gone to the dogs

What do you do if you're an architect and you can't find just the right house for your dog? Why, you design one, of course.

That's what Rahil Taj, of Rahr:Design in Los Angeles, Calif., did when his fiancée's pooch needed somewhere tasteful to relax. Taj explains, "We couldn't find anything that fit our esthetics. We like modern, custom things and as a furniture designer I have high standards when it comes to that."

So Taj spent nine months creating a house — the MDK9 Dog

Haus — that was not only impressive but could be flat-packaged for shipping.

His fiancée's dog is an English bulldog, Guinness, 7, who weighs 120 pounds and is 20 inches tall. Taj says figuring out the size of the house was a challenge.

"It can't be too big or small, and the dog needs to feel protected in the house. That's where a lot of the development comes from. It must be cool but practical and fit in people's homes, as well as be easy on the eyes in their backyards."

Taj describes the MDK9 as a mid-century modern design. "It basically follows esthetics I've incorporated into my furniture design pieces and architecture drawings. It's a sleek, streamlined design — not your run-of-the-mill domed design you usually see in dog houses. It has a slanted roof, which is not just a design detail but functional — you want water to slide off the roof."

The house is waterproof inside and out, and the screen on the side is detachable, so the house has good air circulation and is

easy to clean. Taj is working on something for the front entrance, to create a lockable crate.

The MDK9 is made of concrete, Brazilian teak and powder-coated steel. Smaller models are easy to bring indoors. Houses can be made larger as well.

The home includes a special dog bed (waterproof and easy to clean) crafted by a company called Jax & BonesJax & Bones. Another company, Modern House Numbers, makes letters from aluminum for the dog houses. TORSTAR NEWS SERVICE



Rahil Taj created a mid-century home for dogs that entertains both animals and guests with its clever design. CONTRIBUTED

Ghosts of past renovations can haunt

RENOVATIONS

DIY work on historic homes take extra care, patience

Dwain Livengood can save money on his home renovation project by doing the work himself. But he also knows that do-it-yourself projects in historic homes like his 100-year-old farmhouse require extra planning and research and that mistakes can be costly.

"Self-awareness is pretty huge," says Livengood, who grew up in the house in Lancaster, Penn., and is the third generation of his family to own it. "Saving money isn't worth it if in the end it looks like an amateur did it."

He is planning the first major renovations to the property, including a new kitchen, hardwood floor restorations and window repair.

DIY "fails" in historic homes can do more than look bad; they can seriously damage a home's structure and character, says Jody Robinson, historic preservation officer for the city of Bellevue, Ky. DIY has a place in historic home renovation, she says, but it needs to be well-researched.

If your home or neighborhood has a historical designation, there probably are restrictions on what you can do, particularly to exteriors. Consult with local authorities before initiating projects or hiring contractors.

"The difference with a historic home is the materials used and how they were constructed," Robinson says.

Slate roofs, wood gutters, weight-and-pulley windows, plaster walls and old building materials require special attention, experts say. Luckily, there are numerous places where owners of historic homes can find information about which projects they should and shouldn't attempt on their own.

Cities, preservation societies,



Dwain Livengood, owner of this 1903 farm house in Lancaster, Penn., saves money doing DIY projects but knows to expect the unexpected and that mistakes can be costly. Below: One of Livengood's DIY projects inside his 100-year-old home. ALL PHOTOS THE ASSOCIATED PRESS

restoration enthusiasts, and even businesses that specialize in historic renovation offer workshops and classes. Window repair, plastering, basic fireplace fixes and tiling are among the most popular subjects.

Understanding your home's construction and appreciating historic renovation methods are the first step, says Benjamin Curran, department head for historic preservation at Savannah Technical College in Georgia. Through its Historic Homeowners Academy, the school teaches classes geared to the do-it-yourselfer.

When homeowners try to apply modern solutions to old homes "a remodel can easily turn into a re-muddle," Curran says. For example, using the wrong

mortar can damage old bricks.

He recommends taking a class and consulting with a professional or historical preservationist.

"From there, it's a question of what is achievable. What is the breadth of your skill set? Where might you stretch yourself and learn more?" Curran says.

Jim Wigton, president of the Monrovia (California) Historic Preservation Group, says it was formed nearly 40 years ago by residents who were restoring homes and wanted to share knowledge.

Livengood, who has experience restoring antique carriage and tractors, plans on repairing the 40 wood windows in his foursquare house this spring. Using tips from a professional

restoration company, he will replace the rope that holds the cast-iron weights that allow the windows to move up and down, and will paint the windows' interiors. He's hired a professional to tackle the exterior. He anticipates the work he does will reduce the repair costs by \$200 per window.

Windows are a good DIY project because the work is more time-consuming than difficult, says Danielle Keperling, who with her parents and husband owns Historic Restorations in Lancaster. Her company is open to teaching the how-tos in order to reduce project costs, she says.

To maintain a home's historical character, repairing old windows — rather than installing

new ones — makes a big difference, says Keperling.

"Windows show the age of the house," she says.

Whenever Doug Heavilin hires a professional to work on his 1902 Queen Anne Victorian in Franklin, Ind., he shadows the person, soaking up as much information as he can. "I've learned 90 per cent of what I know about plumbing by sitting there and watching a plumber," says Heavilin, who is restoring the 4,700-square-foot house with his wife, Amy. They've finished five of the home's 22 rooms.

During their restoration journey, they've learned to install tile, hang wallpaper and drywall, repair plaster, and match stain and paint. He once engineered

a solution to create rounded replacement pieces for their home's turret.

The Heavilins read books and magazines, watch videos, take classes and swap tips with other homeowners before starting a project. But they also know things might not go as planned and say it's important to be flexible. "You never know what you're going to find," says Amy Heavilin, recalling the time they discovered that their dining room chandelier was wired to a pipe with a coat hanger.

"We're at the point where I'm pretty comfortable with whatever we find," Doug Heavilin adds. "I'm not always happy, but I'm comfortable."

THE ASSOCIATED PRESS

TOP 150 FOR 150

CELEBRATING CANADA'S GIFTS TO THE WORLD

Canada's deep space ambitions

Sean Plummer

Russia and America were first in space, but Canada wasn't far behind. It was back in 1961 that the Alouette 1 satellite was launched, and it was so technically sound that it lasted 10 years instead of the projected one.

Arguably our greatest contribution to the space race has been the Shuttle Remote Manipulator System, better known as the Canadarm. The mechanical arm allowed space shuttle pilots to deploy, maneuver and capture payloads.

Canada's interest in space

exploration has been boosted in recent years thanks to the media savvy of astronaut Chris Hadfield. The former fighter pilot helped install Canadarm2 in April 2001, and gained fame by documenting life on the International Space Station for followers worldwide. He even performed David Bowie's "Space Oddity" in space.

The next Canadian astronaut will be family doctor and physicist David St-Jacques who launches in November 2018. Looking to the future, the Canadian government has committed nearly \$380 million to develop technologies that will eventually see humans explore deep space.



Canada's interest in space exploration has been boosted thanks to the media savvy of astronaut Chris Hadfield. TORSTAR NEWS SERVICE

The long road ahead

Give it up for Yonge Street, the world's longest road! Kind of. While Canadian lore has it that Toronto's main thoroughfare is the longest road on the planet, the Guinness Book of World Records took that title away in 1999. The dispute lies in whether or not a portion of Yonge, aka Highway 11, that runs along the Ontario-Minnesota border is actually part of the same street. Yonge Street was originally a strategic military route for British troops. Until 1999, it was listed as being 1,896 km long. In our hearts, it still is.

SEAN PLUMMER



Luckily for these 10K runners, they aren't tackling the entire 1,896 km of Yonge Street. TORSTAR

We our doughnuts

It's true: Canadians consume the most doughnuts per capita in the entire world. Could Tim Hortons be the reason? The chain has more than 3,400 outlets nationwide, in downtowns, suburbs and at vir-

tually every road stop along Canada's highways. Sure, they serve other foods, too, but a Timmie's coffee and doughnut might as well be our national dish. Doughnut is its own food group, right?

SEAN PLUMMER



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The Dallas Cowboys will release longtime quarterback Tony Romo on Thursday, according to an Associated Press source

Flames' dynamic duo on fire at key period

NHL

Gaudreau and Monahan spark team after slow starts

No matter how many times Brad Treliving told Johnny Gaudreau and Sean Monahan not to worry about their big, shiny new contracts, the Calgary Flames general manager still sensed a burden affecting the franchise's two cornerstones.

"You can talk to people until they're blue in the face," Treliving said. "They're competitive guys and they care a whole bunch. So no matter what I say there always is pressure."

After a slowish start to the season the Flames' dynamic duo has turned things around, surging during Calgary's sizzling 12-2-1 streak — one that's solidified their playoff standing in the Western Conference. Gaudreau has 15 points during the 15-game run, and Monahan scored six times and added seven assists while winning almost 54 per cent of his draws.

Monahan signed a seven-year deal worth more than \$44 million in mid-August, Gaudreau locked in for six years and more than \$40 million almost two months later.

Whether it was the pressure of those new deals, an adjustment period under a new coach-



Sean Monahan, left, and Johnny Gaudreau have combined for 28 points in the last 15 games.

RONALD MARTINEZ/GETTY IMAGES

ing staff or racing to catch up after missing training camp — Monahan with a back injury, Gaudreau because of a contract dispute — neither player burst out of the gate.

Monahan, who registered a career-high 63 points last season, had only five goals and eight points after 24 games, failing to register his first assist until the 14th game. Gaudreau was a touch better with 11 points in his first 17 games, a far cry, however, from the career-best 78 point-percentage of one year earlier — tied for sixth best overall.

"We signed you to these (con-

+ NEXT UP

The Flames put their seven-game winning streak on the line Thursday night when they host the Canadiens.

tracts) because we believe in you and you don't need to be any different," Treliving said he kept insisting to both players. "It's because of what you've done and what we know you're going to do going forward."

"But when you care and you're

competitive and you want to do well it's natural (to feel pressure)," Treliving said. "And you're young and you think, 'Oh gosh. A big commitment's been made there's always that feeling I've got to live up to it.'"

Treliving couldn't point to any "aha" moment when it clicked into gear for either player, noting that both were still young and vulnerable to ebbs and flows in performance. Monahan won't turn 23 until October, while Gaudreau is due to celebrate his 24th birthday on Aug. 13.

"They're going to be just fine," Treliving said. THE CANADIAN PRESS

OBITUARY

Stampeders legend Sugarfoot dies at 97

Ezzrett (Sugarfoot) Anderson, one of the first African-Americans to play professional football in North America, died Wednesday. He was 97.

The Calgary Stampeders, who Anderson played with for six seasons, made the announcement on their Twitter account.

"It is with great sadness that we learn of the death of Stamps legend Ezzrett (Sugarfoot) Anderson today at the age of 97 #RIPSugarfoot," the club tweeted.

The six-foot-four Anderson played with Calgary from 1949 until 1955. After his playing days, Anderson remained with the organization as a ticket-account representative and ambassador.

Anderson registered 142 receptions for 2,020 yards and 10 TDs with Calgary. He was added to the Stampeders' Wall of Fame in 1990 and inducted into the Alberta Sports Hall of Fame in 2010.

"Sugarfoot is an iconic figure in Stampeders history," president and general manager John Hufnagel said in a statement. "He was a link to the early days of the franchise and he was a frequent and welcome presence at McMahon Stadium and Stampeders functions for many years."

"He will be sorely missed and we offer our condolences to his family and his many, many friends." THE CANADIAN PRESS

CFL

Roughriders land QB Young: Sources

It seems Vince Young will make his football comeback in Canada.

Young's agent, Leigh Steinberg, tweeted Wednesday he was en route to Regina to finalize a deal between his client and the Saskatchewan Roughriders. A source said Young was also making the trip and the Riders were planning to unveil him at a news conference sometime Thursday.

Young, who stands six-foot-five, spent eight seasons in the NFL, completing 755 of 1,304 passes (57.9 per cent) for 8,964 yards with 46 TDs and 51 interceptions in 60 career games. The 33-year-old also ran 282 times for 1,459 yards (5.2-yard



Vince Young GETTY IMAGES FILE

average) with 12 TDs but also lost 12 of 40 career fumbles. THE CANADIAN PRESS

BRIER

Morris remains in Page playoff hunt

Three-time champion John Morris is the only skip in the Tim Hortons Brier main draw who throws third but still calls the game.

It's a setup that has worked well for Morris and B.C. fourth Jim Cotter since they reunited last spring.

"There's people in this world that you work really well with and there's people that you don't," Morris said. "That's not a knock on anyone. It's just sometimes you work really well with people. Jim and I are just two peas out of the same pod."

"Just two sort of old-school guys and really good friends on and off the ice. He's a pleasure to play with so I've always enjoyed my time with him."

The B.C. team started slowly at this year's national men's curling championship but has rebounded with five wins in its last seven games. The latest victory



John Morris THE CANADIAN PRESS

was a 9-1 rout of Jamie Koe of the Northwest Territories on Wednesday morning. Morris pushed local favourite Brad Gushue to an extra end in the afternoon before dropping a 5-4 decision.

Morris remains in the playoff mix at 5-4 after 13 draws. The top four teams at the end of round-robin play Friday morning will advance to the Page playoffs.

"We're feeling strong," Morris said after the morning win. "We feel like we're making a pile of shots out there."

Manitoba's Mike McEwen leads the standings at 7-1. He

beat Nova Scotia's Jamie Murphy 9-3 in the evening draw. McEwen also came through with a draw for two and a 6-5 win over Northern Ontario's Brad Jacobs earlier in the day.

In the other evening draws, Quebec's Jean-Michel Menard (5-3) had his winning streak end at five games after a 7-3 loss to Gushue. Canada's Kevin Koe beat Jamie Koe 8-6 and Ontario's Glenn Howard downed New Brunswick's Mike Kennedy 8-6.

Gushue and Kevin Koe have 6-2 records, while Jacobs is at 6-3. THE CANADIAN PRESS

IN BRIEF

Marshall signs with Giants
The New York Giants signed free agent receiver Brandon Marshall to a two-year contract on Wednesday.

The signing gives the Giants a talented outside receiver to play opposite Odell Beckham Jr. Marshall, 32, who was released by the Jets last week, had 59 catches for 788 yards and three touchdowns last season.

THE ASSOCIATED PRESS

Bonino boosts Pens to win
Nick Bonino had a hat trick and the Pittsburgh Penguins won their third straight game with a 7-4 victory over the Winnipeg Jets on Wednesday.

Jets captain Blake Wheeler and Evgeni Malkin dropped the gloves three minutes into the game. Malkin had hit Wheeler in the head during their last meeting last month and only drew a minor interference penalty. THE CANADIAN PRESS

Barca pull off the impossible

CHAMPIONS LEAGUE

Neymar sparks absurd, historic comeback as PSG crumble

Barcelona completed the biggest comeback in Champions League history by beating Paris Saint-Germain 6-1 to reach the quarterfinals on Wednesday, scoring the decisive goal of a 6-5 victory on aggregate in the fifth minute of stoppage time.

With Neymar on inspired form, Barcelona scored three times from the 88th minute. Sergi Roberto's dramatic late goal set up by Neymar sent the Nou Camp fans wild and made their team the first to overturn a 4-0 first-leg defeat since the Champions League format started in the 1992-93 season.

PSG seemed certain to go through after Edinson Cavani scored a valuable away goal

following Barcelona's opening salvo of three goals, which included a Lionel Messi penalty.

Barcelona needed three more goals to advance, and the feat seemed impossible even after Neymar found the net with a free kick in the 88th minute.

But the Brazil striker converted a penalty in the 90th and then followed up with a chipped pass for substitute Roberto to steer the ball beyond goalkeeper Kevin Trapp in injury time.

"This is the best match of my career," Neymar said. "It was difficult after the match in Paris. For the past week I have been crazy to play this match, and we have made history. I just told Sergi Roberto to get in the area, that he would score a goal."

The winner sent Barcelona's bench flooding onto the pitch as the stadium celebrated the

WEDNESDAY In Spain



club's 10th consecutive appearance in the quarterfinals. Coach Luis Enrique, who announced he would leave the club this summer, embraced Neymar and any other player or staff member within reach.

"What defines this victory is faith, the faith of my players, the faith of our fans. No child or adult here at Camp Nou will forget this night," Luis Enrique said.

"I have never seen a better communion between team and supporters. We overran them, they didn't cross midfield."

THE ASSOCIATED PRESS



This is the best match of my career.

Neymar



Neymar and manager Luis Enrique celebrate on Wednesday at Camp Nou in Barcelona. JOSEP LAGO/AFP/GETTY IMAGES

IN BRIEF

Netherlands edge Taiwan at World Baseball Classic

Jurickson Profar drew a bases-loaded walk in the bottom of the ninth inning to lift the Netherlands to a 6-5 win over Taiwan on Wednesday in the World Baseball Classic.

The Netherlands improved to 2-0 in Pool A and advanced to the second round in Tokyo along with Israel, which also has a 2-0 record. South Korea and Taiwan failed to advance to the second round.

THE ASSOCIATED PRESS

Bettman keen to keep Coyotes in Arizona

Fans of a potential NHL team in Quebec City should stand down for now.

While NHL commissioner Gary Bettman stressed that the Arizona Coyotes did not have a future in Glendale, he also said the league was committed to the team remaining in Arizona. In other words, the Coyotes aren't moving anywhere but within the boundaries of their current home in the desert. "We have not given up on that market," said Bettman.

THE ASSOCIATED PRESS

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FREESTYLE SKIING

Canucks upset with bronze-medal runs

Mikael Kingsbury whacked his pole against his ski in frustration after his final moguls run at the world freestyle ski and snowboard championships Wednesday.

The 24-year-old from Deux-Montagnes, Que., knew bobbling the landing on his second jump would cost him.

Kingsbury settled for bronze behind winner Ikuma Horishima of Japan and runner-up Benjamin Cavet of France.

"I felt just a little bit stiff before the bottom air and I got into the jump a bit faster than I expected," Kingsbury told reporters on a conference call later in the day.

"I tried my best to land in the best position that I could, but I was farther than I expected and I landed pretty deep. It cost me a lot."

Reigning Olympic women's champion Justine Dufour-Lapointe of Montreal took bronze in women's singles.

Britteny Cox of Australia won gold followed by silver medalist Perrine Laffont of France.

Dufour-Lapointe didn't make any glaring mistakes, but the 22-year-old didn't earn enough points from the judges to finish higher on the podium.

"I'm a little bit disappointed with my result because of course I wanted to win," she said. "I won't lie to you about that, but in the same way, but it's a sport that's judged."

THE CANADIAN PRESS



Mikael Kingsbury GETTY IMAGES

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6	2	4	8	7	9	3	5	1
7	8	3	1	2	5	9	4	6
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4	3	1	9	5	6	7	8	2
2	6	8	4	1	7	5	9	3

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Flavourful Char Siu Pork



PHOTO: MAYA VISNIEI

Ceri Marsh & Laura Keogh
For Metro Canada

Put down that takeout menu and impress your family with this intensely flavoured dinner instead.

Ready in 1 hour 35 minutes

Prep time: 1 hour 15 minutes
Cook time: 20 minutes
Serves: 4

Ingredients

- 1 1/2 Tbsps honey
- 1 1/2 Tbsps hoisin sauce
- 1 1/2 Tbsps soy sauce
- 1 Tbsp Chinese wine (dry sherry can be substituted)
- 1 tsp white pepper
- 1/2 tsp five-spice powder
- 1/2 tsp sesame oil
- 1kg/2 1/4 lbs pork tenderloin
- 3 cloves garlic, finely chopped
- 1 1/2 Tbsps vegetable oil

Directions

1. In a small saucepan, add honey, hoisin, soy sauce, Chinese wine, pepper, five-spice and sesame oil. Whisk the ingredients together over medium heat. Cook until it thickens and becomes sticky. Let the sauce cool completely.

2. Add the sauce, vegetable oil, and chopped garlic to the pork and marinate it the fridge for an hour and up to overnight.

3. To cook, barbecue for about 6 to 8 minutes on each side, or place on the highest rack of the oven set on broiler for 6 to 8 minutes on each side.

4. Let the meat rest for 15 minutes or so before slicing. Serve over rice and sautéed greens.

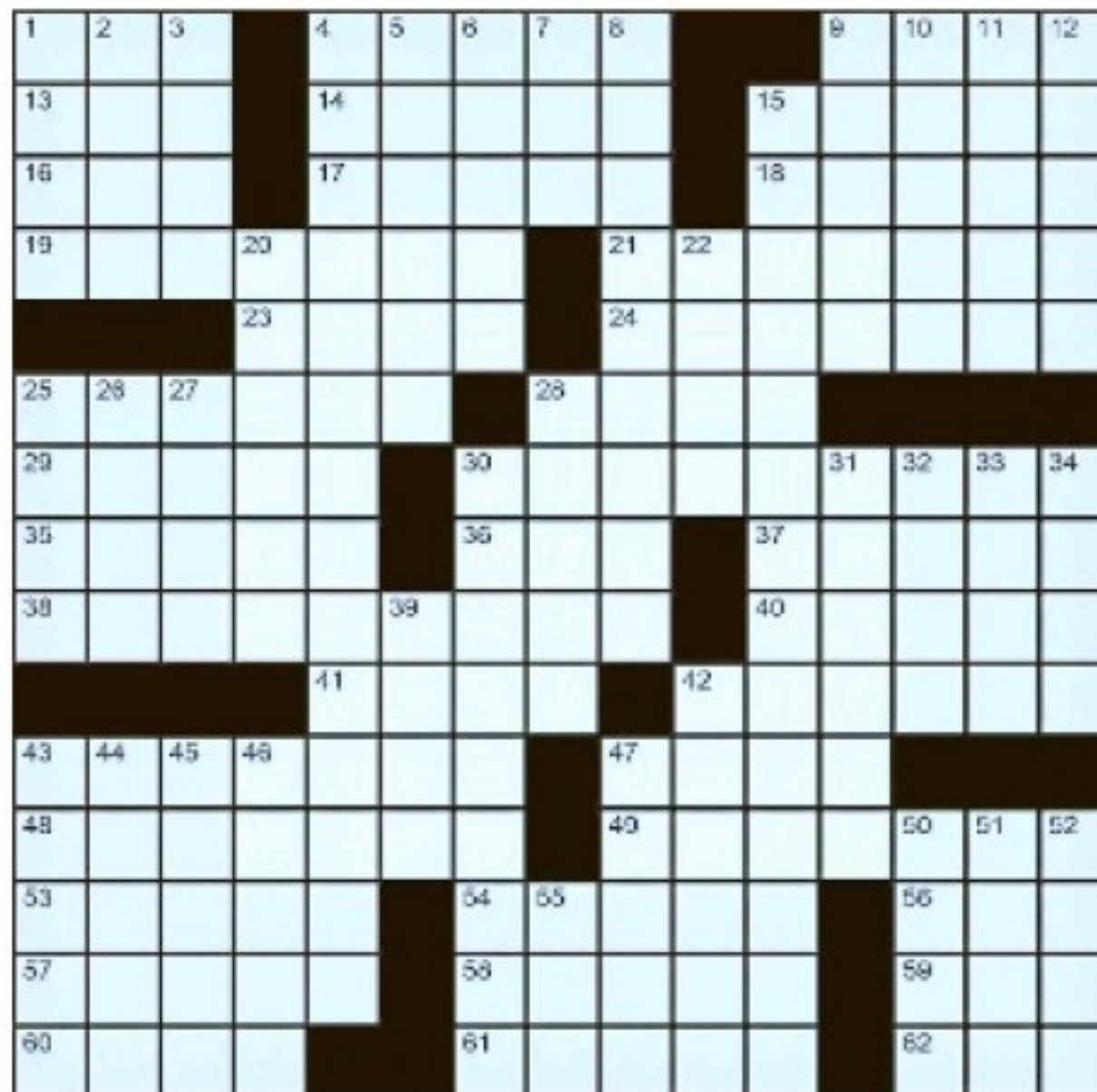
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BY KELLY ANN BUCHANAN

ACROSS

1. Moo _ pork (Chinese cuisine dish)
4. Rapidly
9. Catherine of "The Dukes of Hazzard"
13. Arcade Fire frontman Mr. Butler
14. Mervyn _ "Madame Curie" (1943) director
15. "_, I Love You" by The Doors
16. Toward the ship's stern
17. "Rawhide" by Frankie _
18. Graceland legend
19. Life story movies
21. Iridescent
23. "What's Hecuba to him _ to Hecuba..." - Hamlet
24. Invention documents
25. Funny actor Jim born in Newmarket, Ontario
28. "2 Broke Girls" star Ms. Behrs
29. "You Bring Me Joy" singer Ms. Baker
30. Cosmetic dentists at times
35. Competitor
36. Possessor's contraction
37. Fix came-undone shoelaces
38. Little brewski: 2 wds.
40. Winnebago enjoyers, informally
41. Bellow
42. Discontinues
43. Mishandle: 2 wds.
47. Crevice-fill-



- ing wedge
48. Mott's beverage
49. Leonard Nimoy's iconic character: 2 wds.
53. Poe's bird
54. Manner of speaking
56. Fried dish need
57. Tennis great

- Chris
58. Gloria Swanson role, _ Desmond
59. Unexplained sky sighting, perhaps
60. Moray-like
61. Subway 'currency'
62. Place down

DOWN

1. Q-Tip, for one
2. Sound system sort, shortly
3. Poetic preposition
4. Alanis Morissette song that goes "My sweater is on backwards and inside out": 4 wds.
5. Just great
6. Originate
7. Pas pro
8. Surprising revelation: 2 wds.
9. Quebec, 'La _ Province'
10. _ and the Chipmunks
11. Mr. Eastwood

12. Giving-plants-water needs
15. Montreal-born Founder/CEO of Canadian bookstore chain Indigo: 2 wds.
20. Web gateway
22. Hors d'oeuvre spread
25. 1979: "Let's Go" by The _
26. Cartooning, for short
27. Kentucky Derby winner in 1972, _ Ridge
28. Edging choice for granite countertops
30. Perspective
31. Overhaul
32. Quebec 'summers'
33. Juste pour _ (Montreal comedy festival)
34. Legis. meeting
39. Concerning, cute-style
42. 1950s car trimming
43. Loose rock at a cliff's base
44. Percussion stick
45. "Bolero" composer Maurice
46. Beauty tool, with Board
47. Gloater's grin
50. "Mr. Holland's _" (1995)
51. _ au lait
52. Nautical mile
55. Scooby- _

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today you want to get to the bottom of something. You want to solve a mystery or find a solution to a problem.

Taurus April 21 - May 21
This is a powerful day to address a group and tell them your ideas. It's quite likely that you'll want to introduce ideas that will improve things for everyone.

Gemini May 22 - June 21
Today you might encounter a strong boss or a parent in an intense and purposeful way. Someone wants to shake things up in order to make them better.

Cancer June 22 - July 23
Discussions about religion, politics or racial issues will be intense and powerful today. Don't get too carried away. Remember to maintain a common-sense approach to things.

Leo July 24 - Aug. 23
You might see ways to improve how you handle your debt or how you deal with a bank. You also might see a better way to discuss an inheritance or deal with shared property.

Virgo Aug. 24 - Sept. 23
Be careful during discussions with others today, because people are tempted to give someone a "make-over." (Nobody really likes this.)

Libra Sept. 24 - Oct. 23
Act on your ideas about introducing reform or improvements to your job. Meanwhile, you might have other ideas about how to improve your health.

Scorpio Oct. 24 - Nov. 22
You might be concerned with the education or welfare of children today. If so, you want to help them. Others might be concerned about making improvements in the entertainment world or the hospitality industry.

Sagittarius Nov. 23 - Dec. 21
During a discussion with a parent or a family member, you might discover a better approach for improving your

home, or possibly even a familial relationship. See what you can do.

Capricorn Dec. 22 - Jan. 20
Your style of communicating today is so persuasive that you will be successful if you sell, market, teach, act or write for a living. No one will be able to resist you!

Aquarius Jan. 21 - Feb. 19
You might be a bit obsessed with something today, especially if you are shopping. You might feel as if you need to have something. Easy does it.

Pisces Feb. 20 - March 20
Take a realistic look in the mirror and ask yourself what you can do to improve your appearance and the impression you give to the world.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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